

Macomb Township Parks & Recreation Department

R.E.A.C.H.

Recreation

Events

Activities

&

Center

Happenings

www.macomb-mi.gov

20699 Macomb Street • Macomb, MI 48042 • (586) 992-2900

(Off Broughton Road, east of Romeo Plank, south of 25 Mile Road)

**** MTPR CANCELLATIONS HOTLINE (586) 992-2909 ****

FALL/HOLIDAY 2012



**Find All
REGISTRATION INFORMATION
on pages 34-35**

New Aquatic Center hours available
on our website and at the Recreation Center

Check Us Out at: www.macomb-mi.gov
Like Us on Facebook at: [facebook.com/mtpr04](https://www.facebook.com/mtpr04)



**September 22
Family Fun & Fitness Fest
Page 10**



**October 19
Halloween Hoopla
Page 10**



**November 28
Holiday Tree Lighting
Page 11**

CORPORATE

**ALL WEATHER
RESTORATION**

(800) 583-3688
allweathercare.com



(586) 412-5758
www.genisyscu.org



(586) 226-BRACES
www.macomborthodontics.com



www.team-rehab.com
21&Romeo Plank / 30&VanDyke
/ 23&Schoenherr

GOLD

Bounce About Party Rentals
(586) 980-9059
www.BOUNCEABOUT.com

Henry Ford – Macomb Hospitals
(800) 532-2411
www.henryfordmacomb.com

Michigan Schools & Government
Credit Union
(586) 263-8800 / www.msgcu.org

Finzel's Heating & Cooling
(586) 292-3917
www.finzelsheatingandcooling.com

Huntington Bank
1-800-480-BANK (2265)
Huntington.com

Spalding DeDecker Associates
(248) 844-5400
sda@sda-eng.com

SILVER

American Cleaning Company
(586) 677-9240

Macomb Rotary Club
Dennis Torp (586) 465-2203

St. John Medical Center – Macomb
(586) 416-7500
www.stjohnprovidence.com

BRONZE

Allstate – The Halsey Agency
(586) 263-1350

Eastside Endoscopy Center
(586) 416-7501

Kids Dentistry & Ortho / Drs. Delaney,
Plunkett, Ralstrom, Makowski,
Thanasas, Ker and Associates P.C.
(586) 286-0700

ConCorde Inn of Clinton Township
www.concordeinns.com

G.I. Medicine Associates, P.C.
(586) 447-0700

R.C. Hendrick & Son, Inc.
(989) 781-8116

Deneweth's Garden Center
(586) 247-5012

Jimmy Johns
19&Hayes/Hall&Romeo Plank/23&Schoenherr

Seibert & Dloski PLC
(586) 469-3800

Dick's Sporting Goods

FRIENDS OF MTPR

Altermatt's Farms & Greenhouses

Blockbuster – Macomb

Brohl's Greenhouses

Chicken Shack

Grosse Pointe Allergy & Asthma

The Hub Sports Bistro

JCL Trailer

David M. Kolakowski D.D.S.

Lutheran High School North

Macomb County Sheriff Office
& Explorer Scouts

Macomb Foundation

Metro Controls, Inc.

Michigan Makeup Academy

PAC – Play Place for Autistic Children

Red Robin – Clinton Twp

Shield's Pizza

Shelby/Macomb Kiwanis Daybreakers

Shelby Twp. Parks & Recreation

Subway – 26 & Romeo Plank

Superior Play

A LETTER FROM THE DIRECTOR

Dear Residents,

I hope you found a way to stay cool during the heat of this summer. Our summer was action packed and filled with activities, from camps and leagues to classes and special events. I also hope you had a chance to join us at one of our 10 free events. A great time was had by all who attended. As we head into the home stretch of 2012, we have 2 more free family events to offer. Saturday, September 22nd is our first Family Fun & Fitness Festival. This event is from noon until 2pm at Macomb Corners Park. On November 28th, we will be hosting our 8th annual Holiday Lighting Ceremony. The festivities begin at 7:00pm right in front of Town Hall. (Details for both events are on pages 10-11).

As fall approaches, it's time to begin planning your activities for the rest of the year. Please look over the latest edition of our R.E.A.C.H. catalog. Our staff has worked diligently to provide programs for people of all ages. Hopefully we have offered something for you. As always, we encourage you to give us feedback on our department and programs. Please go to the surveys portion of our website to let us know how we're doing.

Sincerely,
Salvatore A. DiCaro, Jr.
Director of Parks & Recreation

MACOMB TOWNSHIP RECREATION CENTER

The Macomb Township Recreation Center was built for the recreational enjoyment of all members and our guests. Please treat the facility, other patrons and staff with respect. If you have any questions, please stop by the front desk.

- Guests must bring their own locks & towels.
- Guests must be currently in the 9th grade with proof (current school I.D.) to enter the facility without parental supervision.
- **All guests must have a waiver form on file prior to utilizing the center. Patrons under the age of 18 must have a signed waiver by a parent or legal guardian to enter. Waiver forms are available at the front desk or online.**

HOURS OF OPERATION

Monday-Friday 6:00am-10:00pm
Saturday 8:00am-8:00pm
Sunday 10:00am-6:00pm

Aquatics schedule varies,
please stop by front desk for schedule.

TADPOLE TOWN CHILD WATCH

Monday-Saturday 8:30am-1:00pm
Monday-Thursday 4:00pm-9:00pm

RATES

Child watch is \$2.00 per hour for the initial child and \$1.00 per hour for each additional child. 2 hour maximum time per visit.

Waldenburg Park

Waldenburg Park is a developed park approximately 17 acres in size located on 21 Mile Road about ¼ mile east of Romeo Plank Road. It offers a children's play area, picnic pavilions, basketball court, 2 sand volleyball courts, restrooms and a walking trail.



Macomb Corners Park

Macomb Township's newest addition of parkland, Macomb Corners Park, opened in the summer of 2004. It is a 94 acre (35 developed) park site located on the north side of 25 Mile Road, just east of Luchtman Road. Park amenities include 8 soccer fields, 2 football fields, 6 lighted ball diamonds, inline skating rink, playscape, picnic pavilions and a rest room/concession building. The park is both an active park



hosting sporting events, and an inviting location for family activities.

Macomb TownCenter Park

Macomb TownCenter Park is a 15 acre park located on the south side of 25 Mile Road just west of Broughton Road. It is used for many community events, including summer concerts, Movie Under the Stars, children's activities, sports camps and athletic events.



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MTRC DAILY FEES

| | |
|--------------------|---------|
| Residents..... | \$5.00 |
| Non-Residents..... | \$10.00 |

Children ages 3 and under are admitted free with an adult paid daily admission.

All guests must show proper ID to receive Resident discount:

Driver's License OR State issued I.D.

MTRC MEMBERSHIP FEES**Resident**

Monthly: (Monthly Deductions from Checking or Savings account)

| | |
|-------------------------|---------|
| Head of Household | \$25.00 |
| Spouse | \$15.00 |
| Dependant | \$10.00 |
| Seniors (55+) | \$15.00 |

Annual Membership:

| | |
|-------------------------|----------|
| Head of Household | \$300.00 |
| Spouse | \$180.00 |
| Dependant | \$120.00 |
| Senior (55+) | \$180.00 |

Non-Resident Membership rates are double.

Trial Memberships: Individuals are eligible for a one time trial month period. These memberships are valid from the date of registration. Trial Memberships are \$25.00 for Residents and \$50.00 for Non-Residents. Daily admissions cannot be used toward the purchase of a Trial membership. Trial memberships are non-refundable.

Current or past year's 1040 tax form must be shown to prove dependants for membership.

ADMITTANCE FOR CHILDREN 3 & UNDER

Paying adults (members are considered paying adults) are allowed to bring two children each who are **under 4 years old** for free. All additional children will be charged according to their residency.

REINSTATEMENT OF COLLEGE STUDENTS

College students who wish to reactivate their suspended memberships must show either a **school ID with the current year posted on the ID or their current transcript**. College ID's which do not indicate a date will no longer be accepted.

HELP US UPDATE OUR RECORDS!

Please notify the front desk at the Macomb Township Recreation Center if you have any changes in your: family status, home or email address, home, cell or emergency phone numbers, or if you plan on moving out of the Township. – **THANK YOU!**

LOST & FOUND POLICY

Lost & found items will be kept at the Macomb Township Recreation Center for 10 days. After 10 days all items will be donated to a local charity. Please contact a staff member if you accidentally left any of your belongings at the Recreation Center during your visit.

INCLEMENT WEATHER

Call the Macomb Township Cancellation Hotline at 586-992-2909 to hear program cancellations or delays due to weather. Cancelled classes will be announced at least 45 minutes prior to the start of the class. Remember, a morning class cancellation will not automatically mean evening classes are cancelled. Keep informed, call our hotline.

MTRC HOLIDAY & SPECIAL EVENTS SCHEDULE

The Macomb Township Recreation Center will operate under modified hours on the following holidays:

Labor Day – Monday, September 3
Halloween Hoopla – Friday, October 19
Holiday Tree Lighting – Wednesday, November 28
Christmas Eve Day – Monday, December 24
New Year's Eve Day – Monday, December 31
New Year's Day – Tuesday, January 1, 2013

Facility Hours: 6:00am – 5:00pm
Open Swim: 12:00pm – 4:00pm
Lap Swim: 6:00am - 12:00pm

The Macomb Township Recreation Center will be closed on the following holidays:

Thanksgiving Day – Thursday, November 22
Christmas Day – Tuesday, December 25

MACOMB TOWNSHIP RECREATION CENTER AREA CLOSURES

Aquatics Center and Locker Rooms
 Tuesday, Sept. 4 – Friday, Sept. 7, 2012
Gymnasiums A & B, Aerobics Room #1, and Tadpole Town (Child Watch)
 Tuesday, Sept. 4 – Sunday, Sept. 9, 2012

The Fitness Center, running/walking track, Treetop Town, and the game room will remain open. However, during this time both gym floors and the aerobics room will be refinished using polyurethane oil, creating a non-toxic odor within the center. The Dry Changing Restrooms, located next to the fitness center, will be open and available for use during this time.

AQUATIC AREA

The MTRC aquatics center has a variety of features sure to provide fun to everyone of every age. Our water playground begins with a zero depth entrance where you can walk through or around geysers. This pool features a multi-level playground where children can interact with water controlling devices before shooting through the slide. This pool reaches a maximum depth of 18" inches.

For the more adventurous type, try our 3 story water slide. This journey begins as you climb the stairs up to the top of the center. The slide will take you around several curves before you exit into our splash down pool.

Others can stroll around in our lazy river, where a waterfall awaits for those who choose. Inside our river is a vortex where guests are spun around by circular water movement.

Ever wanted to walk on water? You can attempt to walk across our floating log walk. There are lap lanes for those who still enjoy a good swim. Older guests can relax in our hot tub or, weather permitting, catch some rays on our outdoor sun deck.

FITNESS CENTER & RUNNING TRACK

The MTRC fitness center consists of a Two-Story Rotunda of Cardiovascular Equipment, Selective Machines, & Free Weights.

- Treadmills
- Elliptical Cross trainers
- Total Body Elliptical
- Nu Step/REX
- Recumbent & Upright Bicycles
- Stair Climbers & Steppers
- Arc Trainers
- Rowing Machines
- Selectorized Machines (Paramount & Icarian brands)
- Dumbbells
- Curl Bars
- Multi-Functional Trainers
- Smith Press & Leg Press Station
- Cable Tower System
- Incline Benches
- Over 1,500 lbs. of weight plates



The MTRC Track is a figure eight configuration consisting of 3 lanes (walk, run, & pass). The track distance is 7.3 laps per mile.

Party Rooms

Our Party Rooms are a perfect place to host your child's next birthday party or team event! Our rooms are located at either end of the main atrium, the perfect location to enjoy the center. The rooms are equipped with their own counter and sink! Party Rooms can accommodate 1-49 people.

Tree-Top Town

Come play among the trees and enjoy our indoor play structure with slides, tubes, rock climbing walls, moveable helicopter and interactive toys. This large indoor play structure is ideal for children 10 years of age and under. An additional small play structure is available for toddlers. The room is floored with a soft play surface. Parents must accompany children. Socks are required.

Tadpole Town Child Watch

Two hour maximum child watch for ages 6 months to 10 years old. Various activities are offered such as games, movies, board games, arts-n-crafts, coloring, etc. The room is equipped with a small child's restroom.

Game Room

Guests can enjoy playing billiards, ping pong, or a wide variety of board games that are available for use while visiting.

Exercise/Aerobics Rooms

Our lower level room is a floating Sportswood Altra Star floor. The second level room is surfaced with high intensity cushion rubber flooring. Both rooms are equipped with a state-of-the-art sound system, and two mirrored walls. Aerobics, dance, and other exercise related activities have never been so enjoyable.

Locker Rooms

Separate male and female locker rooms and shower rooms. Each is equipped with lockers for storage of clothing. Guests must bring in their own lock.

Family Changing Cabanas

Six cabanas especially designed for families are available for use. Each is equipped with a shower, changing station, sink and toilet. Larger lockers are located outside of rooms for storage of multiple guests' items. To utilize these cabanas please see Family Changing Cabanas Policy on page 6.

Multi-Purpose Rooms

Our two multi-purpose rooms are great spaces for meetings, classroom settings, and parties. Each room is carpeted and equipped with tables and chairs which can be set as desired.

These rooms are able to host between 1 and 49 people. Audio/Visual equipment is also available for use.

MACOMB TOWNSHIP RECREATION CENTER

Age Policy & Procedure

All patrons **must** be currently in the 9th grade to be left unsupervised in the facility. All patrons not currently in the 9th grade must be supervised by a related adult (Parent or Sibling, 18 years of age or older) at all times while visiting the center. Patrons between the ages of 11 years and 9th grade must have an adult within the facility but not directly supervised. Patrons must show a driver's license, State I.D. or a school I.D. (indicating 9th grade) when initially entering the facility to show proof. Please note that patrons must currently have started the 9th grade to qualify, patrons who have completed the 8th grade are **not** considered 9th graders until school begins.

Please make certain you have these forms of I.D. and a daily waiver form on file prior to entering the facility without proper supervision. Patrons who are not currently in the 9th grade **will not be allowed to enter the center without proper supervision.**

Family Changing Cabanas Policy

Between the hours of 8:30am until the facility closes daily, the Family Changing Area will be locked. **Families with children** wishing to utilize the Family Changing Cabanas must check in at the front desk and check out a key card to gain access to the area. **Individuals with assistant aids** wishing to utilize the family changing cabana's must provide a doctor's note to the Front Desk prior to gaining access. Guests will be asked to leave their vehicle keys at the Front Desk in order to receive a pass access card. This access card will allow entry into both family changing room hallway doors. This policy has been implemented for the safety and protection of all patrons. **All patrons must use gender appropriate locker rooms.**

THANK YOU FOR YOUR COOPERATION

OPEN VOLLEYBALL SCHEDULE

Volleyball nets will be available on Tuesdays, ½ of Gymnasium A until 6:00 p.m. All other times are designated for open basketball or Pickle Ball.



OPEN PICKLE BALL SCHEDULE

Pickle Ball nets will be available on the following days & times in Gymnasium A:

4 courts – Gymnasium A North & South

Monday & Wednesday, 6:00am-2:00pm

2 courts – Gymnasium A – South Side

Friday, 6:00am-2:00pm

Pickleball will be cancelled during school holiday breaks.

Dates will be posted on the REACH activity board.



ROOM RENTALS

Looking for a place to host a Business or Organization meeting? Look no further than the Macomb Township Recreation Center. The center can accommodate groups up to 50 people, complete with tables and chairs. Audio/Visual equipment is also available. The center can accommodate rentals 7 days per week and various hours. Please contact the Recreation Center front desk for further details.

LOOKING FOR A PLACE TO HOST A B-DAY PARTY OR SPECIAL EVENT?

Look no further than the Macomb Township Recreation Center. Parties and rentals can be booked up to 1 year in advance. A variety of food packages are available to choose from. Contact the Front Desk for additional information.

OPEN GYMNASIUM

All gymnasium times are designated for open basketball unless preplanned events occur. Organized pick-up basketball games will be allowed on both halves of Gymnasium B unless the facility is deemed too crowded by Management. In the event the facility is deemed too crowded, open shooting will occur in the gymnasiums.



GYMNASIUM RENTALS

Labor Day through the End of April

The Macomb Township Recreation Center does not allow private gymnasium rentals during normal hours of operation:

Monday-Friday – 6:00am-10:00pm

Saturday – 8:00am-8:00pm

Sunday – 10:00am-6:00pm

DID YOU KNOW...

Macomb Township has a Cable TV Station

Broadcast Media - MTGA

Macomb Township Government Access

<http://macomb-mi.pegcentral.com/>

A variety of Parks and Recreation events along with all other programs and Board of Trustees meetings can be seen on MTGA – Comcast Ch. 5. MTGA also has programming available online.



MTPR CANCELLATIONS HOTLINE
(586) 992-2909

BIANCO TOURS PRESENTS...

Odawa Casino & Cross in the Woods**Sunday, October 7, 2012****MTR Fee: \$134.00 NR Fee: \$139.00****Prices based on double occupancy/per person*

Please register directly with:

Bianco Tours • 12555 Universal Dr.
Taylor, MI 48180 • (734) 946-7021

- 1 Night stay at the Odawa Hotel in Petoskey, MI
- Cross in the Woods - Located in Indian River, MI. Said to be the world's largest crucifix, this 55-foot cross weighs 21 tons. The 13-acre site has an outdoor church, flower gardens, museum & shrines.
- Odawa Casino - Exceptional entertainment destination with nearly 1,500 slots, dozens of table games and a poker room. Gaming or not, enjoy restaurants from gourmet to informal, gift shops and nightlife. All this and more is just minutes from the Michigan resort town of Petoskey.

Everyone will receive \$25.00 slot play on the first day, \$15.00 slot play on the second day and a \$5.00 food voucher both days!

**All Things Detroit****Wednesday, October 10, 2012****Registration No. 323100-C****MTR Fee: \$64.00 NR Fee: \$69.00**Please make checks payable to: **Macomb Township Treasurer** & register with Macomb Township Parks & Recreation**Pick-up Location:**Good Shepherd Lutheran Church
31100 23-Mile Rd., Chesterfield Twp.
Departs 8:45am – Returns 5:00pm

- Round Trip Deluxe Transportation
- Tour of Detroit - Belle Isle, Indian Village, Water Works Park, Fisher Building, Eastern Market, and much more. Receive a goody bag filled with all things made in Detroit.
- American Coney Island (included lunch) – A favorite with Detroiters and visitors for nearly a century. Enjoy 2 hot dogs with or without Keros Coney Island Chili, fries, and drink.
- Guardian Building Tour – This 40-story architectural gem is a quirky Art Deco-style orange brick-terra-cotta-limestone skyscraper. Built in 1929 and renovated to pristine condition, includes a cathedral ceiling, mosaics tiles & stained glass.
- Cliff Bells – 1930s charm in the lavish, Art Deco interior. Includes coffee & Cliff's Apple Blini a la Mode with sea salted carmel and creamy lemon rice pudding with toasted hazelnuts and fresh mint!

**Home-Style Christmas****Tuesday, November 27, 2012****Registration No. 323100-B****MTR Fee: \$63.00 NR Fee: \$68.00**Please make checks payable to: **Macomb Township Treasurer** & register with Macomb Township Parks & Recreation

- Dinner is included at Gandy Dancer's Restaurant, situated in the beautifully restored 1886 Michigan Central Depot in Ann Arbor.
- Wayne County Lightfest - A spectacular lighting display! Ride down Hines Drive Bianco style and view this holiday splendor, including: Santa's Canoe, Santa's Colossal Sleigh, Toy Soldier Shooting Cannon, and Santa's Flight School with Parachuting Reindeer! No nighttime spectacle can compare to Wayne County Light Fest. With 4 1/2 miles of giant animated displays and nearly a million lights along Hines Drive, it's the Midwest's largest holiday light show!
- Depart Senior Center 3:30pm – Return 8:45pm

**Detroit Lions vs. Seattle Seahawks****Ford Field****Sunday, October 28, 2012****11:00am Departure****1pm Game Time****Registration No. 343200-A****MTR Fee: \$46.00 NR Fee: \$51.00**

Here's your chance to experience the excitement of **NFL Football**, Ford Field, and the Detroit Lions! We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 11:00am, and return to Macomb Township immediately following the game.

Fee includes game ticket and transportation. Register at the community recreation center. ***Ticket sales are limited to 6 per household.***

**Jersey Boys****Fisher Theatre****Thurs, Dec 27, 2012****Registration No. 323100-G****Show Time: 1:00****Bus Departs from Senior Center at 11:30am****Coolers allowed on bus.****MTR Fee: \$42.00 NR Fee: \$47.00***(Lower Balcony seating)*

Celebrate the Holidays with friends & family! Worldwide, more than 13 million people have seen this Tony, Grammy & Oliver Award-winning Best Musical about Rock and Roll Hall of Famers Frankie Valli & 'The Four Seasons'! Jersey Boys is the story of how four blue-collar kids became one of the greatest successes in pop music history. Enjoy hit songs "Sherry", "Big Girls Don't Cry", "Rag Doll", "Oh, What a Night" and "Can't Take My Eyes Off You"! Don't miss this spectacular high energy musical extravaganza!



Holiday Nights

At Greenfield Village

Saturday, Dec. 15

5:00pm Departure

6:30-9:30pm Event Time

Registration Numbers:

Adult-Ages 13 years and above – 343100-D

MTR Fee: \$21.00 NR Fee: \$26.00

Youth-Ages 5-12 years – 343100-D1

MTR Fee: \$18.00 NR Fee: \$23.00

Children-Ages 0-4 years – 343100-D2

MTR Fee: \$5.00 NR Fee: \$10.00

Lit by the soft glow of hundreds of lanterns, this Greenfield Village after dark experience is a wonderful evening not to be missed as houses are open to explore 300 years of American holiday traditions.

Includes a turn-of-the century tree lot, ice skating (rentals available on-site), authentically decorated homes, carriage or sleigh rides, carolers, musicians, live reindeer, Santa and Mrs. Claus, shopping, and more. Concessions are available in the Village for additional fees. The night concludes with a community sing-a-long on the Village Green, complete with fireworks.

Dress for the weather and extreme cold weather conditions - most activities are held outdoors.

Tips for the trip:

- Bring winter hat, boots, gloves, and dress in layers.
- Bring flashlight for walking around, village-streets are dimly lit.
- Bring snacks and beverages for bus trip to and from village.

Trip includes transportation by luxury motor coach. Coolers (food & beverage) welcome. Excursion departs, at 5:00pm, from the Marvin Blank Senior Center, 19925 23 Mile Rd, east of Romeo Plank.



Disney Live! Presents...

PHINEAS & FERB

The Best Live Show Ever!

Palace of Auburn Hills

Friday, November 2, 2012

5:45pm Departure – 7:00pm Show

Registration No. 323100-F

MTR Fee: \$21.00

NR Fee: \$26.00

Phineas and Ferb create their biggest invention yet – in Disney's "Phineas and Ferb LIVE – On Tour"! Phineas, Ferb, and the whole tri-state area gang embark on a bold escape jumping out from behind your TV and onto the stage in a live action adventure right in your hometown! And, before you can wonder, "Hey, Where's Perry?" the beloved pet platypus shifts to his secret double life as Agent P to foil another one of Dr. Doofenshmirtz's evil plans. Musical madness abounds in an escapade so awesome that even Candace can't help but join the hilarious hijinks. So seize the day 'cause Phineas and Ferb are gonna do it all!

TRANSPORTATION INCLUDED

Departure: Marvin Blank Senior Center

19925 23 Mile Rd. (one mile east of Romeo Plank)



LEGENDS LIVE DINNER SHOW

The Saturday Night Sock Hop

50's & 60's Rock Revival!

Fern Hill Golf Club

17600 Clinton River Road

Clinton Township, MI 48038

Saturday, November 10, 2012

Dinner at 6:00pm

Show at 7:30pm

Registration No. 323100-D

MTR Fee: \$34.00

NR Fee: \$39.00

Legends Live, Michigan's #1 Tribute Show presents "The Saturday Night Sock Hop" featuring The Drifters, Ricky Nelson, Jerry Lee Lewis, Dion, Patsy Cline. Plus singing the hits of your favorite 60's girl groups The WhatAabouts. Hosted by Master of Ceremonies Rockin' Ronnie. Tickets include a delicious buffet dinner, dancing and a live show. A limited number of discounted tickets can be purchased through the Macomb Township Recreation. Just bring your receipt to Fern Hill and exchange for the seat of your choice anytime after purchase, before the date of the show. Transportation is not provided.



LEGENDS LIVE DINNER SHOW

Christmas with the King

Fern Hill Golf Club

17600 Clinton River Road

Clinton Township, MI 48038

Saturday, December 15, 2012

Dinner at 6:00pm

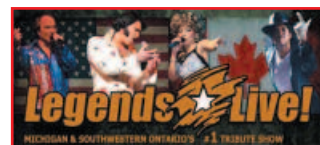
Show at 7:30pm

Registration No. 323100-E

MTR Fee: \$34.00

NR Fee: \$39.00

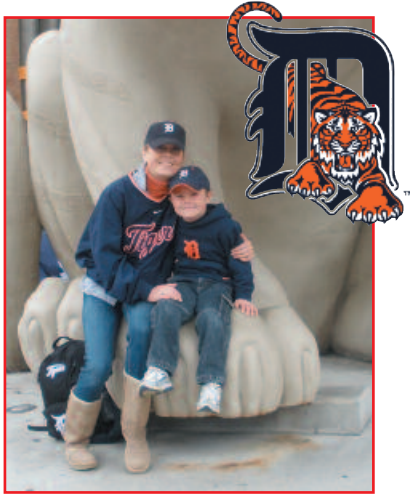
Legends Live, Michigan's #1 Tribute Show presents "Christmas with The King" featuring Matt King one of the world's Top Ranked Elvis Tribute Artists. Enjoy musical tributes to: Dean Martin, Frankie Valli, Roy Orbison, and Neil Diamond. Make this Holiday Season an unforgettable experience! Tickets include a delicious buffet dinner, dancing, and a live show including some of your favorite Christmas songs made famous by these music legends. A limited number of discounted tickets can be purchased through the Macomb Township Recreation. Bring your receipt to Fern Hill anytime after purchase before the date of the show to be exchanged for the seat of your choice. Transportation is not provided.



“Take Me Out to the Ballgame”

Mother & Son Day at Comerica Park / Detroit Tigers vs. Minnesota Twins

Sunday, September 23th / 11:15am Departure / 1:05pm Game Time / Registration No. 344102-A



MTR Fee: \$21.00 per person all ages—adults and children

NR Fee: \$26.00 per person all ages—adults and children

Moms and sons - here's your chance to spend a day enjoying an 'All American favorite pastime' together!

Package includes game ticket, transportation, snacks for the bus, commemorative mom/son photo, and memories that will last a lifetime.

“Every Kid, Every Sunday” Player Poster #4, Presented By Meijer and Shirt Off Our Back Giveaway, Presented By Comerica Bank

It's also Kids Day, and kids 14 & under enjoys free rides on the Comcast Carousel and Ferris Wheel along with free face painting and clowns. After the game kids will have the chance to run the bases! (Weather Permitting)

We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 11:15am, and return to Macomb Township after the kids run the bases immediately following the game.

Register at the community recreation center. Don't delay! Tickets are limited & sell out fast!

PUNT PASS & KICK

FOOTBALL SKILLS CONTEST

Saturday, September 22

Macomb Corners Park (25 Mile Road, 1 mile east of Romeo Plank)

Registration begins at 11:30am

Competition begins at 12:00pm

Registration No. 322101-A

The official skills contest of the National Football League is coming to Macomb Township! This fun, free competition features three important aspects of football – punting, passing, and kicking. The national contest is sponsored by the NFL and coordinated in Michigan through the Michigan Recreation & Park Association.

The competition is open to youngsters 8-15 years of age as of December 31, 2012, with separate divisions for boys and girls competing in 8-9 yrs, 10-11 yrs, 12-13 yrs, and 14-15 yrs.

Contest rules require that all participants provide a copy of their birth certificate at the time of registration in order to be eligible to participate.

During the competition, participants must wear regular gym shoes. Cleats are not allowed. Each participant will only use the specific equipment (footballs and kicking tee) provided for this event by Macomb Township Parks & Recreation.

(Contest in conjunction with Fun & Fitness Fest - see Page 10)



Euchre/Dinner Party

Adults 18 & Above

Marvin Blank Senior Center

19925 23 Mile Road

(1 mile east of Romeo Plank)



Friday, November 2 – 6:00-10:00pm

Registration No. 324202-A

MTR Fee: \$15.00 **NR Fee:** \$20.00

Come and play Euchre at this fun-filled (not too competitive) party. A great way to meet new people! Sign up as a single player (your partner and opponents will be chosen by a “Luck of the Draw” format) in which you will meet and play with different people throughout the night.

Includes: Euchre Party entry fee, pizza and salad dinner, dessert, coffee, one entry into door prize raffle, and prizes for the top finishers.

Limited to the first 80 people. Register early! All players **MUST** know how to play Euchre in order to register and participate in this event. The Euchre Party is a non-smoking, non-alcohol event!

Registration Deadline is the Wednesday before the event.

Sorry, NO registrations at the door, we need to be sure we have the right number for teams ahead of time!

Event check-in and dinner at 6:00pm, with play starting after dinner.

Family "FUN & FITNESS" FEST

MACOMB CORNERS PARK - PHASE II

25 Mile (1 mile east of Romeo Plank on the N side)

SATURDAY, SEPTEMBER 22nd
12:00-2:00pm

FREE

*Join us for a great day
of FREE Fun & Fitness
for the whole family!*



CELEBRATION INCLUDES:

- FREE Lunch
Noon-1:30pm (Healthy offerings available)
- Concert in the Park
- Kidzone w/Inflatables & Kid's Fitness Zone
- Strolling Entertainment
- Family 'Fun Run/Walk' (raffle prizes for participants)
- Kick Start Toddler Soccer (ages 2-5 years old)
- Freckle the Frog 'Meet & Greet'
- Giant Beach Ball Family Volleyball
- Punt, Pass & Kick Football Contest (see page 9)
(11:30 registration at field) must have Birth Certificate!
- Zumba & Boot Camp mini sessions with
Maria Marino Fitness Pros
- Farmer's Market Stand
- Free Raffles & Give-aways

SPONSORS

American Cleaning Company
Macomb Rotary Club
Henry Ford Macomb - Hospitals
Dick's Sporting Goods
Deneweth's Garden Center
Team Rehabilitation

CONTRIBUTORS

Better Made Potato Chips

HALLOWEEN HOOPLA

A Spooky, Kooky, Delightful, Frightful,
Family Friendly Costume Carnival

FRIDAY, OCTOBER 19

6:00-8:30PM

Macomb Township
Registration Center
02-A

MTR Fee: \$10.00
Fee per person & children



Everyone is invited to dress-up for the best party in town! Dance the night away at "Monster Studio 54", take a stroll down our Trick or Treat Trail, get your hair & nails done at the "Freaky Hair Salon & Spa", eat at our "Caution Café", make crafts at our "BOO"-tique, get your picture taken at our "Adam's Family Portrait Studio" and enjoy many other fun surprises and entertainment!

**Coolers and "outside" food are not allowed;
concessions will be available for sale at the event.**

Ticket sales are limited and must be purchased in advance. There will be no tickets sold at the door. Tickets on sale until Monday, October 15, or until sold out. Don't delay...we sell out every year.

Any business wishing to sponsor a table on the "Trick or Treat Trail" please call Michelle for more details at (586) 992-2900 ext. 2908.



EVENT FRIENDS

Shelby Macomb Daybreakers Kiwanis Club
Paul Mitchell Schools
Michigan Makeup Academy

Entertainment Provided by: Genisys Credit Union

SHOUT OUT!

**Congratulations to
Fallbrook Farms
Subdivision**

**Winner of the
1st Annual
Subs 4 Subs
Party Contest!**

Thank You Subway, 26 & Romeo Plank



Candy 4 Kids!

Donate Halloween Candy Leftovers!

Macomb Township Recreation Center



November 1-19 - We will be collecting left-over Halloween Candy for 2 special projects! Your donations of candy will help make Christmas special for 'kids in need' through 'Macomb Charitable Foundation' and for the St. John Hospital 'Christmas Store'. For more information, please call Michelle at (586) 992-2900, Ext 2908.

8th Annual HOLIDAY TREE LIGHTING & "AFTER GLOW"

Come join the Macomb Township Parks and Recreation Department as we welcome the holiday season with our 8th Annual Holiday Lighting Ceremony. The event begins outside with caroling, a greeting from Township officials, the "Macomb Charitable Foundation"

Toy Collection campaign kick-off, the arrival of "Santa" & the Tree Lighting. After the ceremony join us inside the Recreation Center for a warm festive celebration including: **Refreshments, Crafts, 'Carol-o-ke' Entertainment & Visits with Santa!** Start a "New" tradition or 'Carry on' the tradition if you are one of our many past attendees!



Mark your calendars for
Wednesday, November 28 at 7:00pm
in front of Township Hall for this **FREE** event!

PREMIERE SPONSORS

Genisys Credit Union

Auxiliary Sponsors

Eastside Endoscopy
Finzel Heating & Cooling
GI Medicine
Macomb Orthodontics
Team Rehabilitation

Event Friends

Brohl's Greenhouses
Red Robin -Clinton Twp.
Empire Entertainment
St. Peter Lutheran Church & School
Kiwanis Shelby-Macomb Daybreakers
Macomb Twp. Fire Dept.

Santa's Jingle Jammie Time

Magical Holiday Fun (Registration Required)

Marvin Blank Senior Center • 19925 23 Mile Road (one mile east of Romeo Plank)

Friday, December 7
Reg. No. 344301-A

Saturday, December 8
Reg. No. 344301-B

7:00-8:30pm

MTR Fee: \$5.00 per person all ages-adults & children

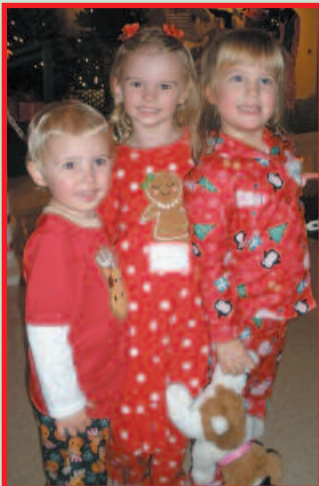
NR Fee: \$10.00 per person all ages-adults & children

Parents, don't miss this magical holiday experience with your family! Your kids are invited to spend an evening with Santa as he carves some time out of his very busy schedule just for them! Wear your pj's, bring a warm blanket, and "cozy up" with Santa as he reads some of his favorite holiday stories. Also, sing-along & jingle away with Santa to a few of his favorite holiday songs!

Afterwards you'll have a chance to visit with Santa (remember to bring your camera) and receive a special holiday give-away! You will also enjoy warm cocoa, cookies and a special holiday craft.

Doors open at 6:50pm – please plan accordingly.

Event begins at 7:00pm.



Aquatics – General Info

Macomb Township Recreation Center

SWIM TESTING

Anyone NEW to our program, wishing to enroll in Levels 1 – 4 must first participate in a REQUIRED swim test to ensure correct placement in lessons. Children should come prepared to swim. Preschool swim lessons do not require a swim test. Please refer to the class descriptions when enrolling your child in a preschool lesson.

SWIM TESTS will be conducted Monday-Friday, 6:00-9:00pm at the Macomb Township Recreation Center. No appointment necessary.

SPECIAL NOTE: Participants may be registered for only one section of swim lessons at a time. Registering for consecutive sections may result in the participant being enrolled in an inappropriate level for a later section, and cancellation may be required.

MAKE-UP SWIM LESSONS

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

If the pool is closed due to weather or maintenance, causing classes to be cancelled, a make-up class would occur on the next day in the sequence of classes after the last scheduled class date.

USE OF THE FACILITY

Participants will be allowed into the locker room facility **NO SOONER THAN 15 MINUTES** prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is available for Open Swim.

ONLINE REGISTRATION

Swim Lessons are now available to register for online. Before you can register online for any classes you must call the recreation center for you household I.D. and password. Don't forget your swim test if you are new to the program. Placing your child in the wrong level may result in being cancelled from the class.

ATTENTION AQUATICS PARTICIPANTS:

Participants will be allowed into the locker room facility no sooner than 15 minutes prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is available for Open Swim.

Aquatics Registration Information

SWIM LESSON REGISTRATION TIMETABLE

All swim lessons, including Adult and Private lessons will follow this schedule.

PARTICIPANTS MAY BE ENROLLED IN ONLY ONE CLASS AT A TIME.

Monday, August 27, Beginning at 6:00am – Sessions 1 – 4 are available for RESIDENT ONLINE registration.

Monday, August 27, Beginning at 12:00pm – Sessions 1 – 4 are available for RESIDENT registration (Online, Walk-In & Mail).

Thursday, August 30, 6:00am Sessions 1 – 4 available for resident and non-resident registration.

Monday, October 15, Beginning at 6:00am – Sessions 5 & 6 are available for RESIDENT registration.

Thursday, October 18, Beginning at 6:00am – Sessions 5 & 6 are available for resident and non-resident registration.

PLEASE NOTE: Participants may be enrolled in only ONE swim class at a time. Participants enrolled in multiple sessions of swim classes will be removed from all additional classes and credits will be placed on household accounts. Please register your children for only ONE swim class at a time.

MAKE-UP Swim Lessons

There will be **NO MAKE-UP CLASSES** or refunds for classes that participants are unable to attend.

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

CPR & First Aid Training

Macomb Township Recreation Center

Be prepared for breathing and cardiac emergencies for people of all ages. This eight hour course teaches easy-to-learn emergency procedures to use in critical life threatening situations as well as first aid procedures. Upon

successful completion of this class you will receive certifications in Adult, Child, and Infant CPR and First Aid. (30 minutes will be allotted for lunch – bring a sack lunch or money).

MTR Fee: \$100.00

NR Fee: \$105.00

MTRC Members receive \$5.00 discount

Class Size: Minimum 8, Maximum 16

| Session I | Days | Dates | Time |
|-----------|------|--------|---------------|
| 341115-A | Su | Sep 30 | 9:00am-5:00pm |
| 341115-B | Su | Nov 4 | 9:00am-5:00pm |



Water Aerobics

Macomb Township Recreation Center

This shallow water workout program combines water and weights for a thorough cross training experience. You will notice an increase in strength and cardiovascular fitness. This class caters to all fitness levels. Beginners are encouraged to attend. It's a great program for anyone and is particularly suited to those who experience minor joint, knee or back problems.



Punch cards will be picked up at the check-in desk the first day of class. Card must be shown at the front desk for admittance into the building and brought out onto the pool deck to be accounted for.

Two-day per week class:

MTR Fee: \$62.00 **NR Fee:** \$67.00

MTRC Members receive \$5.00 discount

One-day per week class:

MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Class Size: Minimum 10, Maximum 25

| Session 1 | Days | Dates | Time |
|-----------|------------------|---------------|--------------|
| 321319-A | Mo/We | Sep 10-Oct 24 | 9:00-10:00am |
| 321319-B | Tu/Th | Sep 11-Oct 25 | 9:00-10:00am |
| 321319-C | Tu/Th | Sep 11-Oct 25 | 6:00-7:00pm |
| 321319-D | One day per week | | |

Registration Deadline: September 7

| Session 2 | Days | Dates | Time |
|-----------|------------------|---------------|--------------|
| 321319-E | Mo/We | Oct 29-Dec 17 | 9:00-10:00am |
| 321319-F | Tu/Th | Oct 30-Dec 19 | 9:00-10:00am |
| 321319-G | Tu/Th | Oct 30-Dec 19 | 6:00-7:00pm |
| 321319-H | One day per week | | |

Registration Deadline: October 26

If Drop-In classes are available between Session 1 & 2 schedules will be available at the front desk. Punch cards MAY NOT be used for these classes.

See Aquatics General Information for Make-up Policy.

Adult & Private Swim Lessons

Macomb Township Recreation Center

Participants will discuss their goals for this class with the instructor prior to beginning class. Instructor will cater the lesson to meet your goals. Pairing of students is not provided by MTPR for Semi-Private lessons and must be registered at the same time. There will be no make-up classes or refunds for classes that participants are unable to attend.

Please refer to the Swim Lesson Timeline for registration dates for each session. Pg. 12

Adult & Private Lessons

MTR Fee: \$95.00 **NR Fee:** \$100.00

MTRC Members receive \$5.00 discount

Semi Private Lessons *(i.e., Sibling, Friend of same skill level)*

MTR Fee: \$75.00 per person **NR Fee:** \$80.00 per person

MTRC Members receive \$5.00 discount

NOTE: When enrolling for Semi Private lessons, enroll the first person. Leave a Roster Note with the Second person's name. They will be enrolled by office staff and you will be contacted to pay the balance.

| Session 1 | Days | Dates | Time |
|-----------|-------|--------------|-------------|
| 326001-A | Mo/We | Sep 10-Oct 8 | 6:00-6:30pm |
| 326001-B | Mo/We | Sep 10-Oct 8 | 6:35-7:05pm |
| 326001-C | Mo/We | Sep 10-Oct 8 | 7:10-7:40pm |
| 326001-D | Mo/We | Sep 10-Oct 8 | 7:45-8:15pm |
| 326001-E | Mo/We | Sep 10-Oct 8 | 8:20-8:50pm |

| Session 2 | Days | Dates | Time |
|-----------|-------|--------------|-------------|
| 326001-F | Tu/Th | Sep 11-Oct 9 | 7:00-7:30pm |
| 326001-G | Tu/Th | Sep 11-Oct 9 | 7:35-8:05pm |
| 326001-H | Tu/Th | Sep 11-Oct 9 | 8:10-8:40pm |

| Session 5 | Days | Dates | Time |
|-----------|-------|---------------|-------------|
| 326001-I | Mo/We | Oct 22-Nov 21 | 6:00-6:30pm |
| 326001-J | Mo/We | Oct 22-Nov 21 | 6:35-7:05pm |
| 326001-K | Mo/We | Oct 22-Nov 21 | 7:10-7:40pm |
| 326001-L | Mo/We | Oct 22-Nov 21 | 7:45-8:15pm |
| 326001-M | Mo/We | Oct 22-Nov 21 | 8:20-8:50pm |

No Classes 10/31

| Session 6 | Days | Dates | Time |
|-----------|-------|---------------|-------------|
| 326001-N | Tu/Th | Oct 23-Nov 20 | 7:00-7:30pm |
| 326001-O | Tu/Th | Oct 23-Nov 20 | 7:35-8:05pm |
| 326001-P | Tu/Th | Oct 23-Nov 20 | 8:10-8:40pm |

Level 4 Swim Lessons

Macomb Township Recreation Center

Please read the descriptions and details for these lessons on Pg. 15. Swim Tests will be required for these classes if your child has not already participated in our swim program in the past.

There will be no make-up classes or refunds for classes that participants are unable to attend.

Please refer to the Swim Lesson Timeline for registration dates for each session on page 12.

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members receive \$5.00 discount.

| Session 1 | Days | Dates | Time |
|-------------------------|-------|---------------|---------------|
| 316004-A | Mo/We | Sep 10-Oct 8 | 5:25-5:55pm |
| Session 2 | Days | Dates | Time |
| 316004-B | Tu/Th | Sep 11-Oct 9 | 4:50-5:20pm |
| Session 3 | Days | Dates | Time |
| 316004-C | Sa | Sep 15-Nov 10 | 8:45-9:15am |
| 316004-D | Sa | Sep 15-Nov 10 | 11:05-11:35am |
| Session 5 | Days | Dates | Time |
| 316004-E | Mo/We | Oct 22-Nov 21 | 5:25-5:55pm |
| <i>No Classes 10/31</i> | | | |
| Session 6 | Days | Dates | Time |
| 316004-F | Tu/Th | Oct 23-Nov 20 | 4:50-5:20pm |

PRESCHOOL SWIM PROGRAMS (Ages 6 months – 4 years)

See below for detailed descriptions of the classes.

NO CLASSES October 31 / There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

| DATE/DAYS | LEVEL A | | LEVEL B | | LEVEL C | |
|--|------------------------------|----------------------|--|--|---|--|
| Session 1 Mo/We Sep 10-Oct 8 | 10:10-10:40am 4:50-5:20pm | 316007-A 316007-B | 9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm | 316008-A 316008-B 316008-C 316008-D | 9:35-10:05am 10:45-11:15am 4:50-5:20pm | 316009-A 316009-B 316009-C |
| Session 2 Tu/Th Sep 11-Oct 9 | | | 9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm | 316008-E 316008-F 316008-G 316008-H | 9:35-10:05am 10:10-10:40am 10:45-11:15am 4:50-5:20pm | 316009-D 316009-E 316009-F 316009-G |
| Session 3 Sa Sep 15-Nov 10 | 9:20-9:50am 10:30-11:00am | 316007-C 316007-D | 8:10-8:40am 8:10-8:40am 8:45-9:15am 8:45-9:15am 9:20-9:50am 9:55-10:25am 9:55-10:25am 10:30-11:00am 11:05-11:35am 11:05-11:35am | 316008-I 316008-J 316008-K 316008-L 316008-M 316008-N 316008-O 316008-P 316008-Q 316008-R | 8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am | 316009-H 316009-I 316009-J 316009-K 316009-L 316009-M |
| Session 4 Su Sep 16-Nov 11 | 10:45-11:15am | 316007-E | 10:10-10:40am 10:10-10:40am 11:20-11:50am | 316008-S 316008-T 316008-U | 10:10-10:40am 10:45-11:15am 11:20-11:50am | 316009-N 316009-O 316009-P |
| Session 5 Mo/We Oct 22-Nov 21 | 10:10-10:40am 4:50-5:20pm | 316007-F 316007-G | 9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm | 316008-V 316008-W 316008-X 316008-Y | 9:35-10:05am 10:45-11:15am 4:50-5:20pm | 316009-Q 316009-R 316009-S |
| Session 6 Tu/Th Oct 23-Nov 20 | | | 9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm | 316008-Z 316008-ZA 316008-ZB 316008-ZC | 9:35-10:05am 10:10-10:40am 10:45-11:15am 4:50-5:20pm | 316009-T 316009-U 316009-V 316009-W |

Swim Lesson Class Descriptions**Preschool Swim Lessons (6 months – 4 years)****MTR Fee:** \$50.00 **NR Fee:** \$55.00**MTRC Members Receive \$5.00 discount****LEVEL A (6 months – 2 years)***Children 3 yrs & above should NOT be enrolled in this level*Parent **MUST** accompany child in the water.Activities include: Enter/exit water safely, feel comfortable in the water, submerge, explore buoyancy on front and back, change body position in water, and learn about choosing and using life jackets. This is a class for children who **MUST** have a parent with them in the water.**LEVEL B (2 – 4 years)***Children 5 yrs & above should NOT be enrolled in this level*

This is a transition class from parent to instructor. Parents will be expected to get in the water if the instructor feels it is necessary. Children in this class may be apprehensive of the water or working with a new instructor or it may be their first experience with swimming pools. Additional skills introduced will include: submerging in a rhythmic pattern, performing combined stroke on front and back.

LEVEL C (3 – 4 years)*Children 5 yrs & above should NOT be enrolled in this level*Child works independently with instructor. Parents are **NOT** allowed in the water. Child must be comfortable going underwater and be able to listen and follow directions. Children will explore deeper parts of the pool. They will also begin working on combined strokes on front and back. Successful completion of Level C will aid in a smooth transition into Level 1.**ATTENTION AQUATICS PARTICIPANTS:** Participants will be allowed into the locker room facility no sooner than 15 minutes prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is available for Open Swim.

LEARN-TO-SWIM PROGRAMS (Ages 5 years – 12 years)

NO CLASSES October 31 / There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

See below for detailed descriptions of the classes.

| DATE/DAYS | LEVEL 1 | | LEVEL 2 | | LEVEL 3 | |
|--|---|--|---|--|-----------------------------|----------------------|
| Session 1 Mo/We Sep 10-Oct 8 | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316001-A 316001-AA 316001-B | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316002-A 316002-B 316002-C | 4:15-4:45pm | 316003-A |
| Session 2 Tu/Th Sep 11-Oct 9 | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316001-C 316001-D 316001-E | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316002-D 316002-E 316002-F | 4:15-4:45 pm 5:25-5:55pm | 316003-B 316003-C |
| Session 3 Sa Sep 15-Nov 10 | 8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am | 316001-F 316001-G 316001-H 316001-I 316001-J 316001-K | 8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am | 316002-G 316002-H 316002-I 316002-J 316002-K 316002-L | 8:10-8:40am 9:55-10:25am | 316003-D 316003-E |
| Session 4 Su Sep 16-Nov 11 | 10:10-10:40am 10:10-10:40am 10:45-11:15am 11:20-11:50am 11:20-11:50am | 316001-L 316001-M 316001-N 316001-O 316001-P | 10:45-11:15am 11:20-11:50am | 316002-M 316002-N | | |
| Session 5 Mo/We Oct 22-Nov 21 | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316001-Q 316001-R 316001-S | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316002-O 316002-P 316002-Q | 4:15-4:45pm | 316003-F |
| Session 6 Tu/Th Oct 23-Nov 20 | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316001-T 316001-U 316001-V | 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm | 316002-R 316002-S 316002-T | 4:15-4:45 pm 5:25-5:55pm | 316003-G 316003-H |

Additional Aquatic Programs on pages 12,13 & 15

Swim Lesson Class Descriptions

Learn-To-Swim (5 – 12 years)

MTR Fee: \$50.00 NR Fee: \$55.00

MTRC Members Receive \$5.00 discount

LEVEL 1 – Introduction to Water Skills

Participants will participate in activities which allow them to feel comfortable in the water and enjoy the water safely. Students will learn elementary aquatic skills such as breath control and underwater swimming, buoyancy, swimming on front and back and personal water safety. (Prerequisite: Participation in Swim Test)

LEVEL 2 – Fundamental Aquatic Skills

Participants explore simultaneous and alternating arm and leg action on the front and back. This lays the foundation for future strokes such as freestyle, backstroke and butterfly. (Prerequisite: A Learn-to-swim Level 1 certificate or demonstrated competency of Level 1 skills through a Swim Test)

MAKE-UP Swim Lessons

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

LEVEL 3 – Stroke Development

Participants will learn to coordinate the front and back crawls. They will also learn elements for the butterfly and the fundamentals of treading water. (Prerequisite: A Learn-to-swim Level 2 certificate or demonstrated competency in Level 2 skills through a Swim Test)

LEVEL 4 – Stroke Improvement

Participants will improve skills and increase endurance by swimming greater distances. Elementary backstroke, Breaststroke and elements of sidestroke are introduced. (Prerequisite: A Learn-to-swim Level 3 certificate or demonstrated competency in Level 3 skills through a Swim Test)



Fall Scarecrow Class

Marvin Blank Senior Center

Wednesday, October 3, 2012**6:30-8:00pm****Registration No. 324600-A****MTR Fee: \$10.00 NR Fee: \$15.00**

Class Size: Minimum 5, Maximum 10

A friendly, 5' scarecrow for your garden or fall decoration. He will be wearing a flannel shirt and straw hat.

\$10 material fee is required & payable to instructor on the day of class. Registration deadline September 26.

**Winter Wooden Snowman Class**

Marvin Blank Senior Center

Thursday, November 8, 2012**6:30-8:00pm****Registration No. 324600-B****MTR Fee: \$10.00 NR Fee: \$15.00**

Class Size: Minimum 5, Maximum 10

We will be painting (very easy) a 42" wood snowman, then adding a scarf and stocking hat. Perfect winter decoration to place in your yard.

\$7 material fee is required & payable to instructor on the day of class. Registration deadline November 2.

**Creative Coupons and More**

Macomb Township Recreation Center

Do you want to save some serious money on groceries and drug store items and get free products every week? If so, you will want to attend this exciting class. You read about this in the Macomb Daily and Macomb Township Patch. Now see for yourself. You will learn where to get coupons, how to organize them and other ways to save money. Every student will receive a free coupon organizer and free gift. This class will pay for itself in no time!

MTR Fee: \$15.00 NR Fee: \$20.00**MTRC Members receive \$5.00 discount**

Instructor: Dorrie Soborowski

Class size: Minimum 3

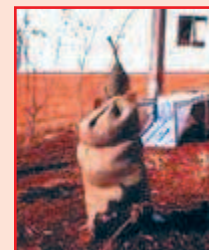
| Session | Days | Dates | Time |
|----------|------|-------|-------------|
| 341405-A | Th | Nov 1 | 7:00-9:00pm |

"Putting Your Garden to Bed"**Gardening Presentation**

Marvin Blank Senior Center

19925 23 Mile Rd. (one mile east of Romeo Plank)

Michigan's harsh winters can wreak havoc with your garden if you're not prepared. Presented by English Gardens, this informational presentation tells you what needs to be done this fall so you'll be off to a blooming start next spring! A question and answer period will follow the presentation. Open to all ages.

Tuesday, September 25**1:00-2:00pm****Registration No. 334000-0****MTR Fee: \$5.00 NR Fee: \$10.00****Holiday "Angel" Bracelet Class**

Macomb Township Recreation Center

Wednesday, November 14, 2012**7:00-9:00pm****Registration No 341402-A****MTR Fee: \$15.00 NR Fee: \$20.00****MTRC Members receive \$5.00 discount**

Instructor: Sandi Kirk

Class size: Minimum 6, Maximum 12

Have an "angel" with you all the time when you make and wear this beautiful bracelet! This easy to make bracelet is perfect for beginners as well as experienced beaders. Sterling silver tubes, crystal pearls and silver balls are combined together to create a bracelet you will enjoy wearing every day. A sweet angel charm is the finishing touch. This bracelet is made using stretch cording to ensure a perfect fit for any size wrist.

\$16 material fee is required & payable to instructor on the night of class.

**"Denim Blue" Bracelet Class**

Macomb Township Recreation Center

Wednesday, October 10, 2012**7:00-9:00pm****Registration No 341402-A****MTR Fee: \$16.00 NR Fee: \$21.00****MTRC Members receive \$5.00 discount**

Instructor: Sandi Kirk

Class size: Minimum 6, Maximum 12

Learn to make this gorgeous bracelet with an eye catching design that uses bold Swarovski crystal beads in a denim blue color accented with crystal rondelles. A magnetic clasp makes it extra easy to get on and off. Beading basics, including crimping technique make this class suitable for all skill levels.

\$15 material fee is required & payable to the instructor on the night of class.

Senior Cards & Camaraderie

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Check-In: 12:45pm with Play Beginning at 1:00pm
MTR Fee: \$1.00 **NR Fee:** \$2.00

Call (586) 992-2900 Ext 0 to register and pay at the door.
Registration Deadline is one week before the party.

| | | | |
|-----------------|----|--------|---------|
| 334000-D | Fr | Sep 21 | 12:45pm |
| 334000-E | Tu | Oct 9 | 12:45pm |
| 334000-F | Fr | Oct 26 | 12:45pm |
| 334000-G | Fr | Nov 9 | 12:45pm |

Come join us for an afternoon of Senior fun and fellowship! Enjoy the company of old and new friends during this afternoon of card playing and socializing.

In addition to card games, "Mexican Train" and Bunco will also be available. Mexican Train is a Domino-like game that is growing in popularity, and Bunco is a dice game that is enjoyed by many. Have fun playing old favorites or learn something new!

Refreshments and snacks will be served.

Chicks with Sticks

Knitting & Crochet Group for Seniors 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Please join us every Thursday from 10:00am-12:30pm to knit & crochet. Your level of experience does not matter – this group is for both the beginner and the experienced. It is a great opportunity to meet new people and share your talents.

We ask that you bring all your own supplies. Yarn and needles are available for practice.

| Session | Day | Dates | Time |
|-----------------|-----|---------------|---------------|
| 334000-H | Th | Sep 13-Dec 20 | 10:00a-12:30p |

No meeting November 22

MTR Fee: \$10.00 **NR Fee:** \$15.00

Autumn Days Senior Potluck Luncheon

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, October 24
11:00am-1:00pm
Registration No. 334000-I

MTR Fee: \$1.00 **NR Fee:** \$2.00

The weather has turned cooler and it's time for indoor fun. If you are not familiar with our Senior Center (and even if you are!) come and find out what it is all about!

Here is a chance to meet old and new friends and enjoy a delicious lunch. Bring your favorite dish to share, beverages will be provided.

Senior Matinee

Ages 55 & Up

Marvin Blank Senior Center

Come spend the afternoon with us as we transform the Senior Center into a movie theater! Each movie shown will be a "Newer Release," please check our monthly calendar posted on our website: www.macomb-mi.gov to find out which movie we will be showing on the big screen. The registration fee is for related refreshment costs.



Wednesdays 12:30-2:30pm

| | | |
|-----------------|--------|------------------------------|
| 334000-J | Sep 12 | "The Lucky One" |
| 334000-K | Oct 17 | "Best Exotic Marigold Hotel" |
| 334000-L | Nov 14 | "Bernie" |

To register please call (586) 992-2900, ext 0, and pay at the door the day of the event. (Registration deadline - 1wk prior to movie)

MTR Fee: \$1.00 **NR Fee:** \$2.00

Movie donated by Blockbuster of Macomb (21 Mile & Card Rd)

Macomb County Senior Prescription Outreach Day

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Monday, October 1

Colleen Burns, Prescription Network Coordinator for Macomb County Dept. of Senior Citizens will be available to individually review your prescriptions and determine if you are eligible for free or low cost medications. If you are a Macomb County Resident, 60 or older and need assistance paying for medication, you may be able to take advantage of this program, even if you are using the Medicare D plan.

Call 992-2900 to schedule your ½ hour appointment. Please bring a list of current medications and proof of monthly income.

"Silver and Gold" Senior Holiday Bracelet Class

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, November 7
10:00am-12:00pm
Registration No. 334000-M

MTR Fee: \$14.00 **NR Fee:** \$19.00

Class size: Minimum 6, Maximum 12

Just in time for the holidays, learn how to make a dressy bracelet in this fun and easy class. Gold Czech beads alternate with silver rondelles for some sparkle, and an easy to use magnetic clasp completes the look. You will learn basic crimping and stringing techniques that will allow a custom fit. This class is appropriate for beginners as well as those with experience. All supplies are included in class fee.



Senior "Reindeer" Craft

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Tuesday, November 13

10:00am-12:00pm

Registration No. 334000-N

MTR Fee: \$14.00 NR Fee: \$19.00

If you missed this popular class when it was last offered, here is another chance to take it. You'll be amazed at this holiday craft made out of bath towels. Our reindeer is cute as can be and will match any décor in neutral beige shades. Learn how to roll, bend, and even stitch a little, an ordinary bath towel to create this little guy. Use him as a decorative item to sit on your bath or kitchen counter or drape him over a towel bar. No one will believe you made him yourself!

Seniors & Adults Badminton Play

Macomb Township Recreation Center

Tuesdays, 9:00-11:00am Seniors and Adults
come play Badminton every Tuesday morning!

**This program is free for members.*

**Senior Pickleball**

Macomb Township Recreation Center

Mondays & Wednesdays (4 Courts)

8:00-9:00am Beginners

9:00am-2:00pm

Fridays (2 Courts)

8:00-9:00am Beginners

9:00am-2:00pm



A very popular sport, with an unlikely name, has found its way to Macomb Township! Pickleball is a sport described as "a combination of ping-pong, tennis, and badminton". Smaller than a Tennis game- larger than a Table Tennis game- Pickleball is played on a badminton size court. Played with a paddle and a wiffle ball, this game is a lot of fun whether you are a beginner or a more advanced player.

Beginner Instructions

No equipment needed for beginner participants!

Call the Recreation Center to set up an appointment for Beginner Instructions. We have many Pickleball volunteers ready and willing to introduce the game to anyone interested in participating. (586) 992-2900, ext. 2907.

Pickleball will be cancelled during school holiday breaks.
Dates will be posted on the REACH activity board.

Bath City Bistro Lunch & Feather Bowling

Seniors 55 & Older

75 Macomb Place, Mt. Clemens, MI 48043

Tuesday, October 30 • 11:30am

Registration No. 323100-H

RSVP with Michelle at (586) 992-2900 ext 2908 by Oct 22

**Health & Wellness Lectures
For Those "55 or Better"**

Sponsored by St. John Providence Health System's CareLink in partnership with Macomb Township Parks and Recreation

Marvin Blank Senior Center
19925 23 Mile Road (one mile east of Romeo Plank Rd.)

Pre-registration recommended ensuring availability of adequate refreshments and handouts. To pre-register, call 586-992-2900.
Class size: Maximum 50

ALZHEIMER'S DISEASE: EARLY WARNING SIGNS

Tuesday, September 18

10:00-11:00am

Registration No. 341512-G



Are they normal, age-related memory problems or warning signs? Early detection matters, so learn the 10 early warning signs of Alzheimer's disease, about associated risks and how to seek assistance. Refreshments provided.

Presenter: Debra Mittelbach, Representative, Alzheimer's Association

BACK & LEG PAIN

Tuesday, October 16

10:00-11:00am

Registration No. 341512-H



Lower back pain is quite common and may be associated with numbness, and it can travel down to the legs. Learn about common causes of pain and treatment options for repairing spinal "wear & tear" and fractures related to osteoporosis. Refreshments provided.

Presenter: Richard Veyna, MD, Neurosurgeon on staff at St. John Hospital and Medical Center and St. John River District Hospital

LAUGHTER? THE BEST MEDICINE!

Tuesday, November 20

10:00-11:00am

Registration No. 341512-I



How can you tell if everything is alright? Are you feeling good? Are you healthy? Laugh deep and from the heart, and all is well. Learn about the relationship between humor and health to add more lightness and humor to your life. Refreshments provided.

Presenter: Harry J. Smith, MA, LLP, Guide to Mental Health and Therapist, St. John Providence Eastwood Clinics

MTR Fee: \$12.00 NR Fee: \$17.00

Fee paid directly to Bath City Bistro

Join in the fun at historic 'Bath City Bistro'! Enjoy their wonderful food (choose from 1 of 6 entrees, includes soft drink, tax & gratuity. (Cash Bar available) Afterwards, have a ball feather bowling – compliments of Bath City Bistro as a special offering to our Seniors! **Transportation not included.**

'Senior Tuesday Morning Walk & Talk'

Macomb Corners Park – Phase II (east side)
25 Mile Rd (1 mile East of Romeo Plank)

FREE

The crisp fall weather is perfect for walking! Meet at the starting point of the walking trail on Tuesday mornings at 9am with your coffee and socialize before heading on to our beautiful 1-mile paved path at 9:30am for some great exercise & fellowship! This is a great opportunity to gather with friends or meet new people while promoting a healthy lifestyle!

This FREE (unsupervised) group activity runs through the fall months, weather permitting! HAPPY WALKING/TALKING!

Senior Sneakers Gentle Fitness

Macomb Township Senior Center

Improve your quality of life & age gracefully! An easy gentle slow paced class improves strength, balance, flexibility, cardio fitness & helps you lose weight. A great class to help with Arthritis, Diabetes, Heart Disease, Cancer, and Depression. Every move is performed either seated or standing behind a chair (you can choose the style you prefer).

MTR Fee: \$35.00 **NR Fee:** \$40.00

No extra discount with this already discounted price.

7 week sessions

| Session I | Day | Dates | Time |
|------------|------|---------------|-------------|
| 331309-E | Th | Sep 13-Oct 25 | 1:45-2:30pm |
| Session II | Days | Dates | Time |
| 331309-F | Th | Nov 1-Dec 20 | 1:45-2:30pm |

Forever Fit

"It's never too late to start feeling great!"

Macomb Township Recreation Center

"Use it or lose it." Easy to follow exercises for beginners ages 55 & over. This class will help reduce the risks of many age-related conditions such as arthritis, diabetes, obesity, high blood pressure & cholesterol, osteoporosis, heart disease & depression. This class is not interchangeable with any other class.

MTR Fee: \$55.00 **NR Fee:** \$60.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|-------------------------|-------|---------------|--------------|
| 331309-A | Tu/Th | Sep 11-Oct 25 | 9:00-10:00am |
| Session II | Days | Dates | Time |
| 331309-B | Tu/Th | Oct 30-Dec 18 | 9:00-10:00am |
| <i>No Class Nov. 22</i> | | | |

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

Aerobic Class Policies

Late Registration Fee – Participants who register after the registration date will be assessed a late fee per class. Mail-in registrations postmarked on or before these dates will not be assessed this fee.

Late Fee: \$10.00 per class

Registration Deadline:

Session I: **Friday, September 7, 2012**

Session II: **Friday, October 26, 2012**

Late registration fee will be assessed to all registering participants after the above indicated dates.

Participants who are currently registered, who wish to register for an additional card during session for the same priced class, will not be assessed the late fee.

HOW AEROBIC CLASS PUNCH CARDS WORK

Punch cards will be issued to all registered participants in our fitness classes (except Forever Fit & youth classes). Cards will be picked up at the check-in desk during the 1st week of classes and at the front desk after the 1st week. Punch cards are interchangeable with classes listed on the back side of the punch cards. Punch cards must be presented at the front desk for admittance into the building & dropped in the basket prior to entering class to be accounted for. Cards will be punched during class and available for pick-up after class. Must have a punch card to attend class.

DROP-IN AEROBICS

During regular sessions, the drop-in fee is \$10.00 per class.

Relaxation, Meditation & More!

Macomb Township Recreation Center

Live life calmly. People who learn to relax, gain clarity and tend to be more productive. You will learn the steps involved with quieting the mind, while reducing stress, anxiety, and pain, both physical and emotional. Relaxation lowers blood pressure, increases oxygen and blood flow, aids in digestion, stimulates production of natural hormones, such as serotonin, which improves your quality of health and mood. Practicing relaxation is proven to strengthen your immune system. Meditation helps you to recognize and grasp opportunities, opens intuition and sparks creativity. Meditation and relaxation are the primary keys to limitless possibilities.

One-day per week class: (4 weeks)

MTR Fee: \$36.00 **NR Fee:** \$41.00

MTRC Members receive \$5.00 discount

Instructor: Susi Walter

Class size: Minimum 5, Maximum 15

| Session I | Days | Dates | Time |
|-------------|------|--------------|-------------|
| 341512-A | Mo | Sep 17-Oct 8 | 6:30-8:00pm |
| Session II | Days | Dates | Time |
| 341512-B | Tu | Oct 2-23 | 6:30-8:00pm |
| Session III | Days | Dates | Time |
| 341512-C | Th | Nov 8-Dec 6 | 6:30-8:00pm |

(No class on Thanksgiving, November 22)

Zumba

Zumba Fitness is here!!! Mixed with dance & fitness moves this Latin-inspired fitness class will make you sweat up to 600 calories and you'll be coming back for more! You don't need to know how to dance just how to have fun!!! Zumba involves a high & low intensity workout with international rhythms & music designed to give you a great time and a great body!

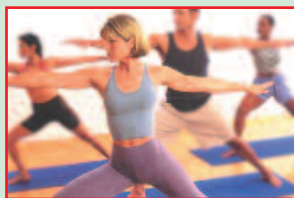
MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|-------------|
| 321334-A | Tu | Sep 11-Oct 23 | 7:00-8:00pm |
| Session II | Days | Dates | Time |
| 321334-B | Tu | Oct 30-Dec 11 | 7:00-8:00pm |

Fitness Yoga

A strong dynamic form of yoga. This type of class is ideal for increasing flexibility and toning while sculpting and strengthening the muscles. You will leave feeling strong with a calm mind. Great for those who wish to reduce mental and physical stress. Please bring mats to class.



MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|---------------|
| 321303-A | Tu | Sep 11-Oct 23 | 7:15-8:15pm |
| 321303-B | Su | Sep 16-Oct 28 | 10:30-11:30am |
| Session II | Days | Dates | Time |
| 321303-C | Tu | Oct 30-Dec 11 | 7:15-8:15pm |
| 321303-D | Su | Nov 4-Dec 16 | 10:30-11:30am |

Slow Flow Yoga (Beginners)

Slow Flow Yoga is a slower paced yoga class! This class offers balanced yoga that cultivates strength and flexibility throughout the whole body and links posture and slow breathing. Slow Flow yoga provides toning and strengthening the body, developing a flexible spine, clarity, the ability to focus and concentrate and greater self-awareness. Please remember to bring a yoga mat, and be prepared to practice in bare feet. All yoga levels are welcome.

MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 321303-E | Mo | Sep 10-Oct 22 | 9:30-10:30am |
| 321303-F | We | Sep 12-Oct 24 | 6:30-7:30pm |
| Session II | Days | Dates | Time |
| 321303-G | Mo | Oct 29-Dec 10 | 9:30-10:30am |

MTR Fee: \$49.00 **NR Fee:** \$54.00 (*Late Fee: \$10)
(6 week class) Wednesday only

| | | | |
|------------------|----|--------------|-------------|
| 321303-H | We | Nov 7-Dec 19 | 6:30-7:30pm |
| No Class Nov. 28 | | | |

Zumba (Beginners)

Macomb Township Recreation Center

This class is designed for the beginner, the active older adult. It's easy to follow & done at a lower intensity, but just as much fun!!



MTR Fee: \$57.00 **NR Fee:** \$62.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 331309-C | Mo | Sep 10-Oct 22 | 9:00-10:00am |
| Session II | Days | Dates | Time |
| 331309-D | Mo | Oct 29-Dec 10 | 9:00-10:00am |

Please bring your own **MATS** and **RUBBER COATED WEIGHTS** to all fitness classes that require them.

Yoga For Weight Loss

An intermediate yoga class for using slow stretches, muscle control, and flowing sequences to raise heart rate and metabolism. Change the way you use your breath to calm the body and the mind. Obtain flexibility, core strength, muscle endurance, and a more peaceful mind on and off the mat.

MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 321306-A | Tu | Sep 11-Oct 23 | 6:00-7:00pm |
| 321206-B | Fr | Sep 14-Oct 26 | 9:30-10:30am |
| Session II | Days | Dates | Time |
| 321306-C | Tu | Oct 30-Dec 11 | 6:00-7:00pm |
| 321306-D | Fr | Nov 2-Dec 14 | 9:30-10:30am |

Slow Flow & Yin Fusion (All Levels)

The best of both worlds. First a rhythmic Slow Flow to strengthen, tone, energize the body and calm the mind. Followed by Yin Yoga, mainly seated/reclining postures held passively for 2-5 min. Yin targets deeper connective tissues; opens hips, pelvis and spine to increase flexibility, range of motion and health of tissues. All levels are welcome.

MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|-----------|------|---------------|-------------|
| 321303-I | We | Sep 12-Oct 24 | 7:45-8:45pm |

MTR Fee: \$49.00 **NR Fee:** \$54.00 (*Late Fee: \$10)
(6 week class) Wed only

| | | | |
|------------------|----|--------------|-------------|
| 321303-J | We | Nov 7-Dec 19 | 7:45-8:45pm |
| No Class Nov. 28 | | | |

Swim Suit Fitness Challenge

Macomb Township Recreation Center

Get ready to wear those swimsuits! Let us get you in your best shape ever. We will have you sweating and shedding those unwanted pounds in no time! Boost your metabolism, lose fat & sculpt your entire body! Please bring mat and weights to class!

MTR Fee: \$31.00 **NR Fee:** \$36.00 (*Late Fee: \$10)

MTRC Members receive \$5.00 discount

| Session I | Day | Dates | Time |
|------------|-----|---------------|-------------|
| 321317-M | Th | Sep 13-Oct 25 | 8:15-9:15pm |
| Session II | Day | Dates | Time |
| 321317-N | Th | Nov 1-Dec 20 | 8:15-9:15pm |

Total Body Transformation Training

Macomb Township Recreation Center

Transform your mind and body, boost your metabolism & lose fat in this high energy & challenging workout. We will have you sweating and shedding those unwanted pounds in no time! You'll do cardio with interval and strength training techniques. Please bring mats and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee*)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|---------|---------------|-------------|
| 321326-A | Mo/We | Sep 10-Oct 24 | 7:45-8:45pm |
| 321326-B | One Day | | |
| Session II | Days | Dates | Time |
| 321326-C | Mo/We | Oct 29-Dec 19 | 7:45-8:45pm |
| 321326-D | One Day | | |

No Class Oct. 31 & Nov. 28

Interval Training

(Cardio & Weights Combo)

Macomb Township Recreation Center

Burn fat with a cardio & weight training workout that alternates segments of cardio with segments of weight training. This class will get your heart pumping and your muscles screaming! Simple, yet challenging moves that will maximize your calorie burning, by raising and lowering your heart rate. Please bring mats and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee*)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|---------|---------------|--------------|
| 321314-A | Mo/We | Sep 10-Oct 24 | 9:30-10:30am |
| 321314-B | One Day | | |
| Session II | Days | Dates | Time |
| 321314-C | Mo/We | Oct 29-Dec 12 | 9:30-10:30am |
| 321314-D | One Day | | |



Please bring your own **MATS** and **RUBBER COATED WEIGHTS** to all fitness classes that require them.

Circuit Blast!

Macomb Township Recreation Center

Jump from station to station for an intense calorie burning and strength training workout ! We'll use medicine balls, bosus, bands, bar bells and more. You will leave sweating, and shedding those unwanted pounds. Get maximum results with this class! All fitness levels welcome! Please bring mats to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (*Late Fee: \$10)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 321328-A | Tu | Sep 11-Oct 23 | 9:30-10:30am |
| 321328-B | Tu | Sep 11-Oct 23 | 7:00-8:00pm |
| Session II | Days | Dates | Time |
| 321328-C | Tu | Oct 30-Dec 11 | 9:30-10:30am |
| 321328-D | Tu | Oct 30-Dec 11 | 7:00-8:00pm |

Turbo Jam (Cardio Kickboxing)

Macomb Township Recreation Center

Get ready for this ultimate cardio, kickboxing and body-sculpting workout! Kick, jab & sweat your way through this class! Boxing moves with drills to keep the sweat flying, the heart pumping and the energy growing! Please bring mat and weights.



MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 321301-A | Th | Sep 13-Oct 25 | 9:45-10:45am |
| 321301-B | Th | Sep 13-Oct 25 | 7:00-8:00pm |
| Session II | Days | Dates | Time |
| 321301-C | Th | Nov 1-Dec 20 | 9:45-10:45am |
| 321301-D | Th | Nov 1-Dec 20 | 7:00-8:00pm |

Complete Body Toning

Macomb Township Recreation Center

This non-impact, toning and shaping class utilizes light weights. It's motivating and sure to tone every square inch of your body. Build bone density, increase your metabolism & create more lean muscle. Great for all fitness levels. Please bring mats & weights to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|---------------|
| 321302-A | Th | Sep 13-Oct 25 | 10:15-11:15am |
| Session II | Days | Dates | Time |
| 321302-B | Th | Nov 1-Dec 20 | 10:15-11:15am |

Please bring your own **MATS** and **RUBBER COATED WEIGHTS** to all fitness classes that require them.

Super Saturday Cardio Fusion

Macomb Township Recreation Center

Get ready for this ultimate cardio & body-sculpting workout! It's time to tighten and tone every inch of your body with this fat blasting workout! Please bring mat and weights.

One-day per week class:

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 321305-A | Sa | Sep 15-Oct 27 | 9:00-10:00am |
| Session II | Days | Dates | Time |
| 321305-B | Sa | Nov 3-Dec 15 | 9:00-10:00am |

Cardio Mix! – Friday Mornings, Too!

Macomb Township Recreation Center

An challenging workout with a mixture of cardio, kickboxing, interval training, and total body-sculpting! You will get maximum results with this class! Please bring mats and weights to class.

NEW

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee*)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|---------|---------------|--------------|
| 321313-A | Mo/We | Sep 10-Oct 24 | 6:30-7:30pm |
| 321313-B | Fr | Sep 14-Oct 26 | 9:30-10:30am |
| 321313-C | One Day | | |
| Session II | Days | Dates | Time |
| 321313-D | Mo/We | Oct 29-Dec 19 | 6:30-7:30pm |
| 321313-E | Fr | Nov 2-Dec 14 | 9:30-10:30am |
| 321313-F | One Day | | |

No Class Oct. 31 & Nov. 28

Heavy Bag Fitness

Macomb Township Recreation Center

A boxing workout that combines proper boxing techniques with an interval based cardiovascular kickboxing workout. Learn the basics while burning calories! No previous experience necessary. Gloves recommended for striking the heavy bag.

One-day per week class:

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|---------------|
| 321317-K | Sa | Sep 15-Oct 27 | 10:30-11:30am |
| Session II | Days | Dates | Time |
| 321317-L | Sa | Nov 3-Dec 15 | 10:30-11:30am |

NEW

Boot Camp!!! AM & PM!!

Macomb Township Recreation Center

Get in the best shape of your life with this high energy challenging total body workout! Give it your all and you will burn between 400-800 calories per workout. We incorporate strength/core training, cardio, plyometrics, body weight exercises, and speed and agility. We'll use medicine balls, agility ladders, bosus, bands, bar bells and more. You'll get leaner and stronger as you shed the fat and build muscle. This class is challenging! Geared for people who want real results, real fast!!

MTR Fee: \$105.00 **NR Fee:** \$110.00

One Day: MTR Fee: \$55.00 **NR Fee:** \$60.00

MTRC Members receive \$5 discount

| Session I | Days | Dates | Time |
|------------|---------|---------------|--------------|
| 321317-A | Mo/We | Sep 10-Oct 24 | 9:30-10:30am |
| 321317-B | Mo/We | Sep 10-Oct 24 | 6:30-7:30pm |
| 321317-D | One Day | | |
| Session II | Days | Dates | Time |
| 321317-D | Mo/We | Oct 29-Dec 12 | 9:30-10:30am |
| 321317-E | Mo/We | Oct 29-Dec 19 | 6:30-7:30pm |
| 321317-F | One Day | | |

No Class Oct. 31 & Nov. 28 for PM class only

Beginners Boot Camp!

Macomb Township Recreation Center

Same description as Boot Camp: Modifications will be made for every fitness level!

NEW

MTR Fee: \$105.00 **NR Fee:** \$110.00

One Day: MTR Fee: \$55.00 **NR Fee:** \$60.00

MTRC Members receive \$5 discount

| Session I | Days | Dates | Time |
|------------|---------|---------------|---------------|
| 321317-G | Mo/We | Sep 10-Oct 24 | 10:30-11:30am |
| 321317-H | Mo/We | Sep 10-Oct 24 | 7:30-8:30pm |
| 321317-I | One Day | | |
| Session II | Days | Dates | Time |
| 321317-J | Mo/We | Oct 29-Dec 12 | 10:30-11:30am |
| 321317-U | Mo/We | Oct 29-Dec 19 | 7:30-8:30pm |
| 321317-V | One Day | | |

No Class Oct. 31 & Nov. 28 for PM class only



Nutrition & Fitness Workshop**NEW****Learn to lose weight and keep it off – for life!**

Macomb Township Recreation Center

Ever hit a fat loss plateau? Ever worked so hard to see next to no results? Get the facts before you waste any more of your time and effort. We understand that losing weight can be a challenge. Let us help you lose body fat, burn calories build muscle and keep it off forever! We will show you how to turn your metabolism into a fat burning machine. You will learn exercise techniques and what to eat before & after your workouts. We'll help you achieve weight-loss goals by teaching you some great fitness tips. In this workshop you will learn how to make small, but significant changes in your eating habits to lose weight and keep it off. You will leave feeling motivated and ready to exercise your way into a healthy lifestyle. Taught by personal trainer: Maria Marino

One-day class:**MTR Fee: \$12.00 NR Fee: \$17.00****MTRC Members receive \$5.00 discount**

| Session | Day | Dates | Time |
|----------|-----|--------|-----------------|
| 321309-A | Mo | Oct 8 | 11:00am-12:30pm |
| 321309-C | Th | Oct 18 | 7:00-8:30pm |

HIIT**High Intensity Interval Training****NEW**

Macomb Township Recreation Center

Push yourself to the limit with High Intensity Interval Training. Don't let the time fool you, this 30 min., fat blasting class will get your heart pumping to burn total body fat while NEVER getting bored. Plyo boxes, TRX, jump rope, kettlebells & more are some of the equipment being used.

One-day per week class:**MTR Fee: \$31.00 NR Fee: \$36.00 (\$10 late fee*)****MTRC Members receive \$5.00 discount**

| Session | Day | Dates | Time |
|----------|-----|---------------|--------------|
| 321317-0 | Fr | Sep 14-Oct 26 | 9:30-10:00am |

| Session II | Days | Dates | Time |
|------------|------|--------------|--------------|
| 321317-P | Fr | Nov 2-Dec 14 | 9:30-10:00am |

The Ultimate Strength and Conditioning**NEW**

Macomb Township Recreation Center

Jump Start your morning with this fun, fast paced, 30 minute workout that consist of Batling ropes, TRX, rowing, running—you name it, it's here!! Looking for a variety in your workout, this is the class for you. All levels welcome!

One-day per week class:**MTR Fee: \$31.00 NR Fee: \$36.00 (\$10 late fee*)****MTRC Members receive \$5.00 discount**

| Session | Day | Dates | Time |
|----------|-----|---------------|---------------|
| 321317-Q | Fr | Sep 14-Oct 26 | 10:00-10:30am |

| Session II | Days | Dates | Time |
|------------|------|--------------|---------------|
| 321317-R | Fr | Nov 2-Dec 14 | 10:00-10:30am |

Pre/Menopause & Weight Gain with Dietitian & Trainer**NEW**

Macomb Township Recreation Center

Sick of weight gain, sleep disruption, hot flashes moodiness, and/or fatigue? Grab a girlfriend—and let's talk! Around midlife and menopause, many women feel like they're suddenly gaining weight. Women believe that there's not much that works besides drugs, hormones, and surgery. But here's a secret: It's totally possible to address some common peri-menopausal symptoms with some very simple measures. Let nutritionist Lee Rossano and personal trainer Maria Marino show you strategies how to slow down the aging process as our bodies transform! A great value and a great informative class!

One-day class:**MTR Fee: \$15.00 NR Fee: \$20.00****MTRC Members receive \$5.00 discount**

| Session | Day | Dates | Time |
|----------|-----|--------|-------------|
| 321309-B | Tu | Nov 13 | 7:00-8:30pm |

Athletic Sports Training**NEW**

Now you can improve your speed agility, quickness, flexibility and strength to excel in any competitive sport. Athletes will be given the instruction needed to guide them to excellence in the sport of their choice! Proper strength training technique will instruct the athlete to train properly on their own. **Group and personal athletic training available.** Call to set up an appointment with our highly professional trainers.

"BE AWARE"**Community 5K Walk for Suicide Prevention****October 13, 2012 Dakota High School**

Did you know that 1 in 7 high school students seriously considers suicide? Join with students, parents and community members to raise awareness about youth suicide prevention. Proceeds from this event will benefit the youth prevention programming of the **Chippewa Valley Coalition for Youth** and **Know Resolve's** suicide prevention programs for local schools. Join our community to link youth with help and hope!

Saturday, October 13, 2012

Check in at 2:00pm Walk begins at 3:00pm
Dakota High School, 21051 21 Mile Road, Macomb

For more information or Walk Registration,
 visit www.KnowResolve.org

For more information about the Coalition,
 call 586-723-2360 or visit www.cvcoalition.org

**TRIAL MEMBERSHIPS DO NOT
 QUALIFY FOR MEMBERSHIP DISCOUNT**

PERSONAL TRAINERS AND TRAINING PROGRAMS

MEET YOUR PERSONAL TRAINERS

MARIA MARINO has developed programs for the community over the past 26 years. Because of the excellent results of improved health, increased energy, muscle, and metabolism along with weight loss achieved by all of her committed clients, she believes that exercise is a way of life! Let Maria show you how to live a healthy lifestyle!!



MariaMarinosFitnessPros

LISA CIPRIANO is not only a personal trainer but she has been teaching our very popular boot camp class here at the Recreation Center. Her classes emphasize total body conditioning, core training, speed and agility. Every class is different, but guaranteed to hit every part of your body. If you're looking for that personal touch, Lisa can give you that one on one boot camp challenge you've been looking for!



KEVIN KLINE served 25 years with the Clinton Township Police Department. He served a portion of his career as a Training Coordinator where he developed innovative training programs to meet the needs of not only his Officers but his Department. Kevin feels by combining resistance training programs with cardiovascular exercises tailored to fit the needs of his clients, he can bring about a positive change in helping anyone achieve a healthier lifestyle.



Personal Training (1-2 People)

Private & Semi-Private Personal Training with our Certified and Highly Knowledgeable Trainers.

Members / Residents:

1 Hour Private Lesson\$50.00 per hr.
1 Hour Semi-Private (2 Person)\$70.00 per hr.

Non-Residents:

1 Hour Private Lesson\$70.00 per hr.
1 Hour Semi-Private (2 Person)\$90.00 per hr.

Multiple Training package plans are available.

For further information and to sign-up for personal training, please call or visit the Front Desk.

- Payment for personal training must be made at the front desk upon arrival.
- 24 hr. advanced notification is required for cancellations or to reschedule.
- All personal training sessions are non-refundable.

Personal Training, Small Group

(3-6 people)

Train with friends, family, neighbors or co-workers!

Start your own group or join a group. We offer small group training for 3 to 6 participants. Small group personal training offers you the benefits of having your own trainer at a fraction of the cost of private training. And perhaps best of all it's FUN!! Let a personal trainer lead you through a challenging, full body weight workout that will get you in the best shape of your life!! Please contact Personal Trainer Maria Marino to set up your appointments! Morning and evening appointments available!!

3-6 People — Must sign up as a group.

Class Cost: \$120 per person
6 weeks, one day per week

Personal Training Class (7-10 People)

Class consists of participants who registered individually and are grouped together into this small class. Our certified personal trainers will lead you through an intense fitness program designed to put you in the best shape of your life. This high energy workout will have you sweating, losing fat, increasing muscle and shedding those unwanted pounds in no time! Guaranteed to boost your metabolism! You'll be surrounded by people just like you, who want to make dramatic changes in their physical and mental well-being.

MTR Fee: \$90.00 **NR Fee:** \$95.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

| Session I | Days | Dates | Time |
|------------|------|---------------|--------------|
| 321317-S | Fr | Sep 14-Oct 26 | 9:30-10:30am |
| 321317-T | Mo | Sep 10-Oct 22 | 9:30-10:30am |
| 321317-W | Mo | Sep 10-Oct 22 | 7:00-8:00pm |
| Session II | Days | Dates | Time |
| 321317-X | Fr | Nov 2-Dec 14 | 9:30-10:30am |
| 321317-Y | Mo | Oct 29-Dec 10 | 9:30-10:30am |
| 321317-Z | Mo | Oct 29-Dec 10 | 7:00-8:00pm |

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

Adult Dance Classes

Macomb Township Recreation Center

WEDDING DANCES

Learn to dance for the most important day of your life! We'll teach you how to waltz, turn, and dip. You'll look like pros on your wedding day. Also, great for father and daughter dances!

Men should wear dress shoes and women should wear heels or shoes comparable to those that they are wearing for the wedding dance.

One-day class:

MTR Fee: \$40.00 **NR Fee:** \$45.00 Per Couple

MTRC Members receive \$5.00 discount

| Session I | Days | Date | Time |
|-----------|------|--------|-------------|
| 311204-A | Fr | Sep 21 | 7:00-8:30pm |

BALLROOM SAMPLER

A four week session that will introduce a new style of dance each week. Sample styles include Waltz, Foxtrot, Tango, Salsa and more!

Men should wear dress shoes and women should wear heels.



One-day a week class:

MTR Fee: \$70.00 **NR Fee:** \$75.00 per couple

MTRC Members receive \$5.00 discount

| Session I | Days | Date | Time |
|-----------|------|---------------|-------------|
| 311204-B | Fr | Sep 28-Oct 19 | 7:00-8:30pm |

| Session II | Days | Date | Time |
|------------|------|--------------|-------------|
| 311204-C | Fr | Nov 2-Nov 30 | 7:00-8:30pm |

No class November 23

Splish-Splash Swim for Special Needs Children

Macomb Township Recreation Center

Sunday, October 14 – 6:15-8:15pm

Come join P.A.C. for a splish-splash sensory swim. Bring your special needs child and their siblings to enjoy a super-sensational, smile-filled swim! **Please note: Parents must accompany children at ALL times.**

Hosted by: Play-Place for Autistic Children.

Class size: Minimum 25 families,

\$5.00 per person/limit 4 children, 2 adults

You must register and pay in advance.

Pay online with credit card at www.autisticplayplace.org or by check to: Play-Place for Autistic Children, 36755 Metro Court, Sterling Heights, MI 48312. Call us at: 586-254-6533.

Register early because if we don't get enough attendees we will not be able to hold this wonderful program!



Special Needs Wrestling

Macomb Township Recreation Center

Ages 10-18

The goal of this program is to offer the opportunity for success while learning the rules and skills of basic fundamentals of wrestling, preparing the special needs athlete to have the ability to compete on a Special Olympics team and develop discipline and strength. (7 weeks)



Instructor: Jerry Glenn Smith

MTR Fee: \$ 55.00 **NR Fee:** \$60.00

MTRC Members receive \$5.00 discount

Class size: Minimum 8, Maximum 15

| Session I | Days | Dates | Time |
|-----------|------|---------------|-------------|
| 344700-C | Tu | Sep 18-Oct 23 | 6:00-8:00pm |

| Session II | Days | Dates | Time |
|------------|------|--------------|-------------|
| 344700-D | Tu | Nov 6-Dec 11 | 6:00-8:00pm |

Macomb County Adaptive Recreation Resources

Warren Parks & Recreation – (586) 268-8400

Sterling Heights Parks & Recreation – (586) 446-2708

Clinton Twp Parks & Recreation – (586) 286-9336

Roseville Parks & Recreation – (586) 445-5480

Play Place for Autistic Children – www.autisticplayplace.org

Shelby Aktion Club – (586) 731-0300

Halloween Party for Special Needs Children

Macomb Township Recreation Center

**Saturday, October 27th
6:15-8:15pm**

Come join P.A.C. for a howling, happy Halloween celebration. Everyone is invited to dress up, but costumes are optional. Your special needs child and their siblings will enjoy a variety of awesome games & activities, bouncers, magicians, music, arts & crafts, and Trick or Treat Town in a safe, inclusive environment. Limit 4 children, 2 adults.

Hosted by: Play-Place for Autistic Children.

This event is at no cost to special needs families!

Class size: Minimum 25 families, Maximum 100 families

To register, call Play-Place for Autistic Children: 586-254-6533.

Register early because if we don't get enough attendees we will not be able to hold this wonderful event!



TGA Golf for Women

Macomb Township Recreation Center

TGA is bringing the golf course to the gym! It's a perfect way for women to start the game. All equipment is provided, so you can see if you enjoy the game before deciding whether to purchase clubs. Certified TGA instructors will teach swing fundamentals, putting, chipping, rules and etiquette. This class is being held at the same time as our TGA class for children (Grades K-6), so you can drop off your child, grandchild, nephew or niece at the junior class, then compare notes afterwards. Of course the class is also open to women attending on their own.

One-day per week class for six weeks:

MTR Fee: \$119.00 NR Fee: \$124.00

MTRC Members receive \$5.00 discount

Instructors: TGA staff (7-1 student/coach ratio)

Class size: Minimum 5, Maximum 20

Ages: Women 18 and over

| Session I | Day | Dates | Time |
|-----------------|-----|---------------|---------------|
| 341105-A | Sa | Sep 22-Oct 27 | 11:00a-12:00p |

Coordinating 'Kid's Class' – See Right Column

TGA Golf for Kids

Macomb Township Recreation Center

TGA is bringing the golf course to the gym! It's a perfect way for your child to start the game, or for more experienced players to improve. All equipment is provided. TGA curricula were specially designed for elementary school students by industry-leading golf professionals and education specialists to ensure that lesson plans are age-appropriate and easy to understand and retain. Certified instructors teach swing fundamentals, rules, etiquette and life values as students advance through the program.

One-day per week class for six weeks:

MTR Fee: \$119.00 NR Fee: \$124.00

MTRC Members receive \$5.00 discount

Instructors: TGA staff (7-1 student/coach ratio)

Class size: Minimum 5, Maximum 20

Ages: Grades K-6

| Session I | Day | Dates | Time |
|-----------------|-----|--------------|---------------|
| 341105-B | Sa | Sep22-Oct 27 | 10:00-11:00am |

Coordinating 'Mom's Class' – See Left Column



Fall Tennis Schedule

Mae Stecker Park

8600 24 Mile Road, Shelby Township (Located on the south side of 24 Mile Rd., east of Van Dyke)

Director of Tennis Program – Bill McGarry, is a certified tennis professional through the USPTA and has over 25 years of teaching experience. He played collegiately at the University of Michigan and is the Boys Varsity Tennis Coach at Dakota High School.

Please bring racquet and water to class.

MSP = Mae Stecker Park



Pee Wee (4-7yrs) 12 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|-------|-----------|---------------|----------|---------|----------|
| 311107-A | Tu/Th | 9/4-10/11 | 4:30pm-5:30pm | \$180 | \$185 | MSP |

Youth Beginner (8-15yrs) 12 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|-------|-----------|---------------|----------|---------|----------|
| 311108-A | Tu/Th | 9/4-10/11 | 5:30pm-7:00pm | \$270 | \$275 | MSP |

Youth Intermediate(9yrs & up) 12 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|-------|-----------|---------------|----------|---------|----------|
| 311108-B | Tu/Th | 9/4-10/11 | 5:30pm-7:00pm | \$270 | \$275 | MSP |

Pee Wee (4-7yrs) 6 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|------|-----------|-----------------|----------|---------|----------|
| 311107-B | Sa | 9/8-10/13 | 10:00am-11:00am | \$90 | \$95 | MSP |

Youth Beginner (8-15yrs) 6 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|------|-----------|-----------------|----------|---------|----------|
| 311108-C | Sa | 9/8-10/13 | 11:00am-12:30pm | \$135 | \$140 | MSP |

Youth Intermediate (9yrs & up) 6 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|------|-----------|-----------------|----------|---------|----------|
| 311108-D | Sa | 9/8-10/13 | 11:00am-12:30pm | \$135 | \$140 | MSP |

Academy (9yrs & up) 6 classes

| Session | Days | Dates | Time | MTR Fees | NR Fees | Location |
|-----------------|------|-----------|---------------|----------|---------|----------|
| 311108-E | Sa | 9/8-10/13 | 1:30pm-4:30pm | \$240 | \$245 | MSP |

Meditation for Teens

Macomb Township Recreation Center

Are you stressed out? Simple meditation techniques can help you gain control of your emotions and keep your moods in balance. You will learn to become more in tune with your feelings which will enable you to recognize and release those emotions that aren't serving your well-being. Through regular meditative practice, you will be able relax at will. Meditation can assist you in dealing with difficult people, peer pressure, studying, taking tests, reaching goals and reducing anxiety in stressful situations. Over time, it can improve your health, self-esteem and confidence. Meditation is a great way to find inner peace when the world outside isn't always so peaceful.

One-day per week class: (2 weeks)

MTR Fee: \$20.00 NR Fee: \$25.00

MTRC Members receive \$5.00 discount

Instructor: Susi Walter

Class size: Minimum 5, Maximum 15

| Session I | Days | Dates | Time |
|-------------|------|-------------|-------------|
| 341512-D | Tu | Sep 18 & 25 | 6:30-8:00pm |
| Session II | Days | Dates | Time |
| 341512-E | Th | Oct 11 & 18 | 6:30-8:00pm |
| Session III | Days | Dates | Time |
| 341512-F | Fr | Nov 9 & 16 | 6:30-8:00pm |
| Session IV | Days | Dates | Time |
| 341512-J | We | Dec 5 & 12 | 6:30-8:00pm |



It's Magic!

Ages 8-12

Macomb Twp Recreation Center

Session will consist of: A four week class 'Slight of Hand Magic' taught by professional magician Roland James, who recently performed on America's Got Talent.

In this class, kids will learn to make coins vanish in mid air, cause toothpicks to jump into space, and pass solid balls through solid cups right before your eyes.

The class runs for four weeks (kids will perform for their parents on the last class date).

One very important factor, this class will fill up quickly, don't delay, sign up today!

Roland James will bring his "Amazing Birds of Paradise" on the last day !

Class Size: Minimum 10

Material Fee: \$5.00 due upon arrival

MTR Fee: \$25.00 NR Fee: \$30.00

MTRC Members receive a \$5.00 discount

| Session I | Day | Dates | Time |
|-----------|-----|---------------|-------------|
| 324600-G | Fr | Sep 21-Oct 12 | 7:00-8:15pm |



Home School Gym

Ages 6-12

Macomb Township Recreation Center

This is a great way for your children to engage in the physical activity that may be missing in homeschooled environments. Through our professionally designed curriculum, your child will develop an early love of physical fitness that will help him or her build confidence, large motor skills, balance and agility in a fun non-competitive atmosphere.

The curriculum will focus on cardiovascular health, engaging multiple muscle groups, nutritional education and more!

The last class of each 6 week session will include a one hour "social swim" time from 4-5pm.

The instructor, Jeff Hodgson, holds a Bachelor's Degree from Western Michigan University in Physical Education. Jeff has over 15 years of experience training groups from toddlers to professional sports players. He is currently the Madonna University Women's Soccer head coach.

MTR Fee: \$49.00 NR Fee: \$54.00

MTRC Members receive \$5.00 discount

Class size: Minimum 12, Maximum 25

| Session I | Day | Dates | Time |
|-----------|-----|---------------|-------------|
| 344700-A | Fr | Sep 21-Oct 26 | 3:00-4:00pm |
| 344700-B | Fr | Nov 2-Dec 14 | 3:00-4:00pm |

No class on November 23



Kids In The Kitchen: 5-12

Macomb Township Recreation Center

Come join Ms. Sue as we create and learn the basics for cooking good and healthy food. We will start with nutritional meals you can make for the fall that are easy and quick. Learning how to prepare food with confidence is a very important tool in life. Remember sometimes creating yummy dishes can be messy so don't forget to wear play clothes for this class. Our last class will be a spooky dessert for Halloween. For children in grades Kdg-6th.

Materials Fee: \$10.00 due at 1st class.

MTR Fee: \$30.00 NR Fee: \$35.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Susan Barg

Class size: Minimum 5, Maximum 12

| Session | Days | Dates | Time |
|----------|------|----------|-------------|
| 324600-E | Th | Oct 4-25 | 6:00-7:30pm |



*TRIAL MEMBERSHIPS DO NOT
QUALIFY FOR MEMBERSHIP DISCOUNT*

KickStart!

Toddler Soccer

Macomb Township Recreation Center

KickStart! is a toddler soccer program that is designed to get your child moving and active through various fun games and physical activities. Basic fundamentals will be introduced as we develop large motor skills, balance, agility, and social skills along the way. This class is the perfect primer to ANY organized sport. Bring your child to participate in this fun, non-competitive atmosphere where standing still is NOT an option!

KickStart! Director Jeff Hodgson has years of experience training athletes from toddler to pro. As the founder and president of the Michigan Gators FC and FC Nova soccer clubs, Jeff is dedicated to developing premier athletes of all ages. Hodgson is a former professional player for the Detroit Rockers, and is the current women's head soccer coach at Madonna University. Jeff holds a degree in Physical Education from Western Michigan University.

One-day per week class:

MTR Fee: \$69.00 **NR Fee:** \$74.00

MTRC Members receive \$5.00 discount

Class size: Minimum 5, Maximum 10



Rookies (24 months to 3 years old)

Simple motor skills are stressed using a variety of games and props in a non-competitive atmosphere. Toddlers are given time to develop at their own pace in each activity. Parental involvement is encouraged.

| Session I | Day | Dates | Time |
|------------|-----|---------------|---------------|
| 311103-A | Tu | Sep 18-Oct 23 | 11:00-11:45am |
| 311103-B | We | Sep 19-Oct 24 | 11:00-11:45am |
| Session II | Day | Dates | Time |
| 311103-C | Tu | Nov 13-Dec 18 | 11:00-11:45am |
| 311103-D | We | Nov 14-Dec 19 | 11:00-11:45am |

Pros (3-4 years old)

Balance, movement, & coordination take a front seat here as well as following simple directions. The fundamentals of basic ball control are introduced here. Parental involvement is encouraged.

| Session I | Day | Dates | Time |
|------------|-----|---------------|---------------|
| 311103-E | Tu | Sep 18-Oct 23 | 12:00-12:45pm |
| 311103-F | We | Sep 19-Oct 24 | 12:00-12:45pm |
| Session II | Day | Dates | Time |
| 311103-G | Tu | Nov 13-Dec 18 | 12:00-12:45pm |
| 311103-H | We | Nov 14-Dec 19 | 12:00-12:45pm |

All Stars (4-5 years old)

Advanced skill development games are the focus: Dribbling, changing directions, etc. Children will learn to work as a group as we introduce small sided games (2v2, 3v3).

| Session I | Day | Dates | Time |
|------------|-----|---------------|-------------|
| 311103-I | Tu | Sep 18-Oct 23 | 1:00-1:45pm |
| 311103-J | We | Sep 19-Oct 24 | 1:00-1:45pm |
| Session II | Day | Dates | Time |
| 311103-K | Tu | Nov 13-Dec 18 | 1:00-1:45pm |
| 311103-L | We | Nov 14-Dec 19 | 1:00-1:45pm |

Tumble With Me!

Macomb Township Recreation Center

Come tumble with Ms. Joy! Tumble with Me! is a fun-filled program using gymnastics-based skills designed to build self-confidence, balance and flexibility through practice of tumbling skills, rhythm games and lots of fun group activities! Ms. Joy has a wonderful collection of mats to tumble on along with a spring board, trampoline and bar to learn the basics of gymnastics.

Ms. Joy is a charismatic instructor who has a degree in communications and over 13 years of gymnastics coaching experience.

One-day per week class:

MTR Fee: \$65.00 **NR Fee:** \$70.00

MTRC Members receive \$5.00 discount

Class size: Minimum 3, Maximum 7

JOEYS (Adult with 18 months to 3 years old)

Joeys is an adult/child participation class. Each child will practice gymnastics-based skills designed to build self-confidence, balance and strength. Some skills practiced are jumping, forward rolls, swinging on a bar, walking on the beam along with rhythm and simple games. Sharing and group play are also emphasized.

Great grandparent/grandchild activity!

| Session I | Day | Dates | Time |
|------------|-----|---------------|---------------|
| 311103-A | Tu | Sep 18-Oct 23 | 11:30-12:10pm |
| 311103-B | Tu | Sep 18-Oct 23 | 5:30-6:10pm |
| 311103-C | We | Sep 19-Oct 24 | 11:30-12:10pm |
| 311103-D | Th | Sep 20-Oct 25 | 10:30-11:10am |
| 311103-E | Th | Sep 20-Oct 25 | 6:30-7:10pm |
| Session II | Day | Dates | Time |
| 311103-F | Tu | Nov 6-Dec 18 | 11:30-12:10pm |
| 311103-G | Tu | Nov 6-Dec 18 | 5:30-6:10pm |
| 311103-H | We | Nov 7-Dec 19 | 11:30-12:10pm |
| 311103-I | Th | Nov 8-Dec 20 | 10:30-11:10am |
| 311103-J | Th | Nov 8-Dec 20 | 6:30-7:10pm |
| 311103-K | Fr | Nov 9-Dec 21 | 10:30-11:10am |

No class week of Thanksgiving.

LITTLE MONKEYS (3-5 years old)

Little Monkeys is a tumbling-based class. Some skills practiced are forward rolls, donkey kicks, jumping and table-tops, cartwheels, handstand and simple bar stunts along with rhythm and simple game playing.

Each high energy and fun-filled class is designed to build self confidence, strength and group play skills.

| Session I | Day | Dates | Time |
|------------|-----|---------------|---------------|
| 311103-L | Tu | Sep 18-Oct 23 | 10:30-11:10am |
| 311103-M | Tu | Sep 18-Oct 23 | 6:30-7:10pm |
| 311103-N | We | Sep 19-Oct 24 | 10:30-11:10am |
| 311103-O | Th | Sep 20-Oct 25 | 11:30-12:10pm |
| 311103-P | Th | Sep 20-Oct 25 | 5:30-6:10pm |
| Session II | Day | Dates | Time |
| 311103-Q | Tu | Nov 6-Dec 18 | 10:30-11:10am |
| 311103-R | Tu | Nov 6-Dec 18 | 6:30-7:10pm |
| 311103-S | We | Nov 7-Dec 19 | 10:30-11:10am |
| 311103-T | Th | Nov 8-Dec 20 | 11:30-12:10pm |
| 311103-U | Th | Nov 8-Dec 20 | 5:30-6:10pm |
| 311103-V | Fr | Nov 9-Dec 21 | 11:30-12:10pm |

No class week of Thanksgiving.



CHILDREN'S DANCE CLASSES

(Ages 18 months – 12 years)

Macomb Township Recreation Center

September 18- December 15

No Classes November 20- 24 (Thanksgiving)

One-day per week class:

MTR Fee: \$100.00 NR Fee: \$105.00

MTRC Members receive \$5.00 discount

Dance shoes may be purchased at Payless stores or Lucy & Ethels at Canal and Hayes.

Ballet

Ballet is the core of all dance and teaches proper technique and body placement. Students are introduced to classic ballet with a mix of contemporary to achieve a very fulfilling ballet experience.

Dress Code – Leotard and tights. Pink leather Ballet shoes. Please no satin slippers!!

| Session | Days | Dates | Time | Ages |
|----------|------|---------------|---------------|------|
| 311202-A | Tu | Sep 18-Dec 11 | 5:30-6:00pm | 4-5 |
| 311202-B | Tu | Sep 18-Dec 11 | 6:30-7:00pm | 6-8 |
| 311202-C | Sa | Sep 22-Dec 15 | 10:30-11:00am | 4-5 |



Creative Movement

Students are introduced to a class environment with introductory steps from Ballet, Tap and Jazz. They also use music and props to work on motor skills and rhythm. Child does not need to be potty trained but should be able to handle a class setting without a parent. Recommended for 2½ to 4 year olds.

Dress Code – Leotard and tights. Pink leather Ballet shoes. Please no satin slippers!!

| Session | Days | Dates | Time | Ages |
|----------|------|---------------|---------------|------|
| 311210-A | Tu | Sep 18-Dec 11 | 10:30-10:30am | 2-4 |
| 311210-B | Tu | Sep 18-Dec 11 | 5:00-5:30pm | 2-3 |
| 311210-C | Th | Sep 20-Dec 13 | 5:00-5:30pm | 3-4 |
| 311210-D | Th | Sep 20-Dec 13 | 6:00-6:30pm | 2-3 |
| 311210-E | Sa | Sep 22-Dec 15 | 11:00-11:30am | 2-3 |
| 311210-F | Sa | Sep 22-Dec 15 | 11:30-12:00pm | 3-4 |

Hip-Hop

Hip-Hop is a form of “street dance” that encompasses all parts of the body. This class combines the latest dance and funk moves as well as age appropriate “MTV” style dancing, with current music for a fun dance class experience! For ages 4-5 it also incorporates fundamental motor skills and some creative movement.

Dress Code – Jazz pants, tank tops, capris and shorts are acceptable. Clean Gym/Tennis shoes.

| Session | Days | Dates | Time | Ages |
|----------|------|---------------|---------------|------|
| 311209-A | Tu | Sep 18-Dec 11 | 6:00-6:30pm | 4-5 |
| 311209-B | Tu | Sep 18-Dec 11 | 7:00-7:30pm | 6-8 |
| 311209-C | Th | Sep 20-Dec 13 | 6:30-7:00pm | 9-12 |
| 311209-D | Sa | Sep 22-Dec 15 | 10:00-10:30am | 5-7 |



Jazz/Poms

This class introduces beginning steps of Jazz with sharp cheerleading arm movements to combine dancing with poms.

Dress Code – Leotards, tights, Jazz pants, tank tops, t-shirts, capris and shorts are acceptable. Black tie Jazz shoes.

| Session | Days | Dates | Time | Ages |
|----------|------|---------------|-------------|------|
| 311208-A | Th | Sep 20-Dec 13 | 5:30-6:00pm | 5-7 |

Mommy & Me

Mommy and Me is the perfect class for the smallest dancer where mother and child can bond and dance together. It introduces the child to a class setting with stretching, beginning motor skills, song, dance and props.

Dress Code – Comfortable clothing that allows for easy movement. Tennis shoes.

| Session | Days | Dates | Time | Ages |
|----------|------|---------------|------------|-------------------|
| 311211-A | Tu | Sep 18-Dec 11 | 10-10:30am | 18 mths -2 yrs |

Cheerleading

This class introduces cheers, chants, jumps, beginning stunts and arm movements.

Dress Code – Jazz pants, tank tops, t-shirts, capris and shorts are acceptable. Clean Gym/Tennis shoes.

| Session | Days | Dates | Time | Ages |
|----------|------|---------------|-------------|------|
| 311104-A | Th | Sep 20-Dec 13 | 7:00-7:30pm | 5-9 |



Macomb Township Recreation Center

Instructor: Tammy Stone

Class Sizes: Minimum 5, Maximum 13

Kindermusik Village

Children ages newborn-18 months with parent or caregiver

Delivers a variety of music, building strong neural networks in a baby's forming mind, through an array of styles, sounds, and genres. Age-appropriate experiences with child-safe instruments enhance a sense of rhythm and steady beat, develops a keen awareness of the distinguishing qualities of sound, and encourages spontaneity and creativity. A classroom full of baby and adult pairs dancing together helps a little body develop the muscle strength needed to crawl and walk and helps a little heart to fall in love with the sheer joy of responding to music. Village is for lap babies, crawlers, and walkers. It incorporates the most current research on early childhood development and provides families a special place for learning and connecting with other parents and babies through music and movement.

Material Fee: \$42.00 (payable to instructor, 1st day of class)

MTR Fee: \$88.00 **NR Fee:** \$93.00

MTRC Members receive \$5.00 discount

One-day per week class, eight weeks

| Session I | Days | Dates | Time |
|-----------|------|---------------|---------------|
| 311516-A | Sa | Sep 22-Nov 10 | 11:30a-12:15p |

Kindermusik Laugh & Learn

Children ages 2-4 with a parent or caregiver

Macomb Township Recreation Center

This fun and educational class focuses on your child's complete development as confidence, curiosity, self-control, communication and physical and emotional skills begin to take shape. Language development is fostered with singing, sound imitation, rhyming and object identification. Imaginative body movement to different musical "moods" develops their sense of balance, timing and spatial awareness while affirming their urge to move. The anticipation and rewards of listening are introduced, and with turn-taking activities, social skills begin to blossom, all while providing the safety of training wheels for the bicycle of pre-school!

Material Fee: \$25.00 (payable to instructor, 1st day of class)

MTR Fee: \$88.00 **NR Fee:** \$93.00

MTRC Members receive \$5.00 discount

One-day per week class, five weeks

| Session I | Days | Dates | Time |
|-----------|------|---------------|---------------|
| 311516-B | Sa | Sep 22-Nov 10 | 10:30-11:15am |

Kindermusik Move & Groove

Macomb Township Recreation Center

Children ages 4-6 with a parent or caregiver. A fun-filled interactive learning experience that introduces children to songs, and styles from a variety of genres, such as classical, jazz and folk. Children will build a sturdy foundation for music education through an introduction to music vocabulary, pre-music reading, and more complex music concepts such as largo and presto or legato and staccato. This class provides fun, guided, ensemble-style opportunities for vocal exploration, movement and instrument play and is the perfect primer for early keyboard skills.

Material Fee: \$25.00 (payable to instructor, 1st day of class)

MTR Fee: \$88.00 **NR Fee:** \$93.00

MTRC Members receive \$5.00 discount

One-day per week class, five weeks

| Session I | Days | Dates | Time |
|-----------|------|---------------|-------------|
| 311516-C | Sa | Sep 22-Nov 10 | 1:00-1:45pm |

Little Yogis

Children ages 4-10

Macomb Township Recreation Center

Here's a safe, fun, challenging, and healthful activity that benefits all children-even big ones like you! Children will delight in this yoga class while laughing, playing, dancing and singing with yoga poses which will strengthen their growing bodies, stretch their muscles, and improve their balance and coordination. You don't even have to tell them it's good for them!

Please bring yoga mat for each participant.

Parent or Caregiver participation is welcome.

MTR Fee: \$55.00 **NR Fee:** \$60.00

MTRC Members receive \$5.00 discount

Instructor: Tammy Stone

Class Size Minimum 5, Maximum 13

One-day per week class, five weeks

| Session I | Days | Dates | Time |
|-----------|------|---------------|-------------|
| 324600-F | We | Sep 19-Oct 17 | 6:00-6:45pm |

MACOMB TOWNSHIP PARKS & RECREATION RESERVES THE RIGHT TO USE ALL PHOTOGRAPHS TAKEN AT COMMUNITY EVENTS FOR PUBLICATIONS AND/OR PROMOTIONAL PURPOSES.

MTPR CANCELLATIONS HOTLINE (586) 992-2909

Karate Kids – Beginner

Macomb Township Recreation Center

In this 8-week class for girls and boys, kids will be introduced to the martial arts. Led by 4th degree Black Belt instructor Keith Burke, students learn the fundamentals of Isshinryu karate. This class is designed for kids new to karate. It mixes traditional martial arts with fun activities designed to reinforce key principals while helping to improve balance, increase strength and enhance coordination. Through this popular program, which Sensei Burke has been teaching for over ten years, students begin their journey in martial arts where they will develop greater self-discipline, self-control, and self-confidence while learning valuable self-defense skills.



Open to ages 6-12

One-day per week class: Saturday

MTR Fee: \$100.00 NR Fee: \$105.00

MTRC Members receive \$5.00 discount

A new karate uniform is provided to each student

Instructor: Keith Burke

Class size: Minimum 12, Maximum 24

| Session I | Day | Dates | Time |
|----------------------------|-----|---------------|--------------|
| 311101-A | Sa | Sep 22-Nov 17 | 9:00-10:00am |
| <i>No class October 13</i> | | | |

Karate Kids – Intermediate/Advanced

Session: 8 weeks – Saturdays

Class Size: Minimum 10, maximum open

MTR Fee: \$100.00 NR Fee: \$105.00

MTRC Members receive \$5.00 discount

This class is for returning students only

| Session I | Day | Dates | Time |
|-------------------------------|-----|---------------|---------------|
| 311101-B | Sa | Sep 22-Nov 17 | 10:00-11:30am |
| <i>No class on October 13</i> | | | |

Pre-Black Belt Karate

Session: 8 weeks – Saturdays

MTR Fee: \$100.00/person NR Fee: \$105.00/person

MTRC Members receive \$5.00 discount

For returning students by special invitation only

| Session I | Day | Dates | Time |
|-------------------------------|-----|---------------|---------------|
| 311101-C | Sa | Sep 22-Nov 17 | 11:30a-12:30p |
| <i>No class on October 13</i> | | | |

Group Voice: Learn to Sing!

Ages 6 to 14 years

Evola Music Center

12745 23 Mile Rd. (between Schoenherr & M-53 Expressway)

Shelby Twp., MI 48315

Are you the next “American Idol”? Come and find out. Learn the fundamentals of good vocal technique.



Eight Week Class - One-day per week class

Material Fee: \$19.95

(one-time fee to the instructor)

MTR Fee: \$96.00 NR Fee: \$101.00

Instructor: Jorja Ropp

Class size: Maximum 17

| Session I | Days | Dates | Time |
|-----------|------|---------------|-------------|
| 341710-A | We | Sep 19-Nov 14 | 6:00-6:30pm |

Little Mozart Piano

Age 4½ to 6 years

Evola Music Center

12745 23 Mile Rd. (between Schoenherr & M-53 Expressway)

Shelby Twp., MI 48315

Music for Little Mozarts was written to provide appropriate piano instruction for 4½ to 6 year old. The materials in this course combine to create an exciting and imaginative atmosphere both in the lesson and at home.



Parent participation required. Rental instruments are available.

Eight Week Class - One-day per week class

Material Fee: \$18 (one-time fee to the instructor)

MTR Fee: \$96.00 NR Fee: \$101.00

Instructor: Jorja Ropp

Class size: Maximum 17

| Session I | Days | Dates | Time |
|-----------|------|--------------|---------------|
| 341710-B | Sa | Sep 15-Nov 3 | 11:15a-12:00p |
| 341710-C | Tu | Sep 18-Nov 6 | 6:15-7:00pm |

FRIENDLY REMINDER...

Nothing ruins a good program quicker than everyone waiting until the last minute to register!
Please register early to ensure that the program will run.



YOUNG REMBRANDTS**Art Classes**

Macomb Township Recreation Center

Young Rembrandts' drawing classes are fun, engaging and educational. The students will be taught the step-by-step drawing method. This method of drawing will help the students learn how to break down complex objects into basic foundational shapes. They will learn how to deconstruct and reconstruct images. Their drawing skills will develop as they apply a variety of art concepts and techniques to a new drawing each week.

Class size: Minimum 6, Maximum 20

**Preschool Drawing**

(6 weeks) – Ages: 3½-5

Young Rembrandts provides a strong educational foundation for young learners. In addition to expanding young student's image vocabulary, our program focuses on the skills of drawing while helping to develop fine motor and learning skills that are essential to future classroom successes. Young Rembrandts is perfect for kindergarten readiness. There is a new lesson every week!! Classes are 45min. All materials provided.

MTR Fee: \$70.00 NR Fee: \$75.00

MTRC Members receive \$5.00 discount

| Session | Days | Dates | Time |
|----------|------|-------------|-------------|
| 311515-A | Mo | Oct 1-Nov 5 | 6:00-6:45pm |

Drawing

(6 weeks) – Ages: 6-12

Come join us for 6 weeks of **DRAWING** fun as we draw amazing things together! Regardless of artistic ability, Young Rembrandts can teach a student how to draw and enhance a more experienced student's drawing abilities. Drawing skills will allow a student to express their creativity that will last a lifetime. All materials will be supplied. Media will include: Pencil, Markers, Color Pencil and **NEW-OIL PASTEL**. You won't want to miss out on this Drawing class!

MTR Fee: \$70.00 NR Fee: \$75.00

MTRC Members receive \$5.00 discount

| Session | Days | Dates | Time |
|----------|------|-------------|-------------|
| 311515-B | Th | Oct 4-Nov 8 | 6:00-7:00pm |

Cartoon Action Camp

(3 weeks) – Ages: 7-12

It's time for cartoon lovers to learn to cartoon their favorite action sports! These cartoons all center on popular action sports like skateboarding, skating, scooters and biking. Learn simple cartoon characters, how to show movement, action lines, sounds, sequencing a joke and expressions. Turn the sports you love into cartoons you can enjoy again and again. Pencils, Sharpies™ and Markers will be used.

MTR Fee: \$57.00 NR Fee: \$62.00

MTRC Members receive \$5.00 discount

| Session | Days | Dates | Time |
|----------|------|--------------|--------------|
| 311515-C | Sa | Oct 6-Oct 20 | 9:00-10:30am |

Jr. Under the Sea Camp

(3 weeks) – Ages: 5-7

What a great opportunity to draw original Young Rembrandts' fish characters! Our fish characters will consist of sharks, jellyfish, octopus and others. We will give our fish characters expressions and will place them in fun, action scenes. On our final day, we will draw a large scene of the coral reef environment, inviting an opportunity to use a variety of colors and textures. You will want to **catch** this class for some **reel** drawing fun! Pencils, Markers and Sharpies™ will be used.

MTR Fee: \$57.00 NR Fee: \$62.00

MTRC Members receive \$5.00 discount

| Session | Days | Dates | Time |
|----------|------|--------------|--------------|
| 311515-D | Sa | Nov 3-Nov 17 | 9:00-10:30am |

Winter Fun Drawing

(3 weeks) – Ages: 6-12

This class is a great opportunity to share some drawing fun using a winter theme. If you have never taken a Young Rembrandts class, now would be a great time to try out a mini 3 week drawing class. Returning students are welcome too. New drawings each session. No drawing experience necessary. All materials provided.

MTR Fee: \$40.00 NR Fee: \$45.00

MTRC Members receive \$5.00 discount

| Session | Days | Dates | Time |
|----------|------|---------------|-------------|
| 311515-E | Th | Nov 29-Dec 13 | 6:00-7:00pm |

Recruiting New Members!

These local non-profit organizations, are looking for new members to join them! Please consider serving our community by being a part of one of these worthy organizations! For more Information please call:

KIWANIS SHELBY-MACOMB DAYBREAKERS

Nancy Nevers @ (586) 491-3206

MACOMB OPTIMIST CLUB

Elaine Lyons @ (586) 790-2128

MACOMB TOWNSHIP FIRE CORP

Sgt. Dwayne Thompson @ (586) 286-0027

MACOMB ROTARY CLUB

Dennis Torp @ (586) 465-2203

MACOMB COMMUNITY FOUNDATION

Mark Hurst @ (586) 321-8160

MACOMB CHARITABLE FOUNDATION

Shelly Penzien @ 586-232-3473

LEGO® Fungineering

Ages: 6-8 years old

Macomb Township Recreation Center

NOTE: No computers are used in this class. Explore, investigate and solve problems while learning about the building blocks of engineering – simple machines. Students enjoy hands-on activities with levers, gears, wheels, axles and pulleys that incorporate math, science and creativity. 4 class sessions.

MTR Fee: \$80.00 **NR Fee:** \$85.00

MTRC Members receive \$5.00 discount

Class size: Minimum 10, Maximum 12

Instructor: Computer Explorers

| Session | Days | Dates | Time |
|----------|------|---------------|-------------|
| 324600-C | We | Sep 26-Oct 17 | 6:00-8:00pm |



LEGO® Renewable Energy Engineering

Ages: 9-12 years old

Macomb Township Recreation Center

NOTE: No computers are used in this class.

GO GREEN! Combine engineering and renewable energy! Build cars, a windmill and waterwheel from LEGO® kits and operate them using alternative energy sources. Students will start with electricity and use a multimeter to measure continuity, resistance, and voltage. Adding experiments with wind, water, fuel cells and solar panels produces a high-powered and high-energy course! 5 class sessions.

MTR Fee: \$100.00 **NR Fee:** \$105.00

MTRC Members receive \$5.00 discount

Instructor: Computer Explorers

Class size: Minimum 10, Maximum 12

| Session | Days | Dates | Time |
|----------|------|---------------|-------------|
| 324600-D | We | Nov 14-Dec 19 | 6:00-8:00pm |

Spooky Storytime

Ages 5-12

Macomb Township Recreation Center

Kids in grades Kdg-6th, come join Ms. Cherisse for Spooky Stories, a Snack, and a Craft to get ready for Halloween. On our last day we will have a Halloween Costume Party so be sure to dress up!

Materials Fee: \$10.00 due at 1st class.

MTR Fee: \$30.00 **NR Fee:** \$35.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Cherisse Tasson

Class size: Minimum 5, Maximum 12

| Session | Days | Dates | Time |
|----------|------|----------|-------------|
| 324600-H | Tu | Oct 9-23 | 6:00-7:30pm |



What I'm Thankful For

Ages 5-12

Macomb Township Recreation Center

Kids in grades Kdg-6th, what are you thankful for? Join Mrs. Cherisse as we discover what the Thanksgiving season is about. We will have a snack, a craft and the last day, a Thanksgiving feast!

Materials Fee: \$10.00 due at 1st class.

MTR Fee: \$30.00 **NR Fee:** \$35.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Cherisse Tasson

Class size: Minimum 5, Maximum 12

| Session | Days | Dates | Time |
|----------|------|----------|-------------|
| 324600-I | Tu | Nov 6-20 | 6:00-7:30pm |



Secret Santa Craft

Ages 5-12

Macomb Township Recreation Center

Shhhh...It's a surprise! This will be a 2 week project with a special gift wrapped at the end of class for that special someone! Parents enjoy a little time to do some Holiday errands without your kids! For kids in grades Kdg-6th.

Materials Fee: \$10.00 due at 1st class.

MTR Fee: \$20.00 **NR Fee:** \$25.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Cherisse Tasson

Class size: Minimum 5, Maximum 12

| Session | Days | Dates | Time |
|----------|------|------------|-------------|
| 324600-J | Tu | Dec 4 & 11 | 6:00-7:30pm |



How are we doing?

**Please Visit
Parks & Recreation at:
www.macomb-mi.gov**

**Surveys located at the bottom of
Parks & Recreation Home Page
Thank You!**

How Do I REGISTER FOR A PROGRAM?

RESIDENT REGISTRATION

ONLINE

Macomb Township Residents may begin registering for Fall/Holiday Programs **ONLINE**, Monday, August 27, 2012 at 6:00am.

RESIDENT REGISTRATION

Walk-In & Mail-In

Macomb Township Residents Walk-In and Mail-In registrations will be processed beginning Monday, August 27, 2012 at 12:00pm.

If you have mailed your registration and the class is full, you will be notified.

OPEN REGISTRATION

Open Registration begins Thursday, August 30, 2012 at 6:00am. Registrations will be taken daily up until one hour prior to the facility closing.

WE ACCEPT CASH, CHECK AND CREDIT CARD PAYMENTS (VISA AND MASTERCARD). A driver's license will be required for ALL transactions.

Swim Lessons Registration is available online. See pages 12-15 for Swim Lesson Registration information & additional Aquatic Programs.

CONFIRMATION RECEIPT

If you want a written confirmation receipt mailed to you please include a self addressed stamped envelope with your registration form and payment.

PRO-RATE REGISTRATION FEES

Fees cannot be prorated due to late registration or partial attendance.

CANCELLATIONS

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

RESIDENT DISCOUNT

Macomb Township residents receive a discount on many program registration fees due to their support of the parks and recreation program through a special assessment millage.

WE ACCEPT CASH AND CHECK PAYMENTS. VISA AND MasterCard payments accepted at the Front Desk or Online ONLY.

REFUND POLICY

CLASS REFUNDS

Unless noted in a class description or other published material, customer-initiated refunds will be honored through the first class meeting. If the refund is requested as a household credit, which can be used toward future activities, the entire amount will be credited. If the original payment method was by check, a refund will not be processed until two weeks have passed from the date when the check was originally presented for payment. Refund checks will be mailed within 4 weeks. If the original payment method was by credit card, the refund will be processed as a credit back to the card. All customer-initiated refunds will incur a \$5.00 processing fee.

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

TRIP REFUNDS

No refunds on 1-day trips and extended travel unless a replacement is found.

SPECIAL EVENTS REFUNDS

There are no refunds on special events

MACOMB TOWNSHIP PARKS & RECREATION RESERVES THE RIGHT TO USE ALL PHOTOGRAPHS TAKEN AT COMMUNITY EVENTS FOR PUBLICATIONS AND/OR PROMOTIONAL PURPOSES.

MTPR PROGRAM REGISTRATION FORM

FALL/HOLIDAY
2012

35

Register by mail or in person: Parks & Recreation Office
20699 Macomb Street • Macomb, MI 48042
(Off Broughton Road, south of 25 Mile Road)

Family Name _____ First Name _____
(List parent's name if participant is under 18 years of age.)

Address _____ City _____ Zip _____

Home Phone (____) _____ Work Phone (____) _____

Email Address _____ Member Y or N # _____ * Staff Verify _____

Emergency Phone (____) _____ Emergency Contact Name(s) _____

| Participant's Name (Last/First) | Birthdate (mm/dd/yy) | M/F | Activity Name | Activity Number | Days | Times | Resident Fee | Non-Res. Fee |
|------------------------------------|-------------------------|-----|------------------|--------------------|------|-------|-----------------|-----------------|
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| | | | | — | | | | |

*Children age 4 and over must have a membership to receive discount.

T-SHIRT ORDER

☐ AS (adult small)
☐ YS (youth small) 6-8 ☐ AM (adult medium)
☐ YM (youth medium) 10-12 ☐ AL (adult large)
☐ YL (youth large) 14-16 ☐ AXL (adult extra large)

SUBTOTAL \$ _____
HOUSEHOLD CREDIT \$ _____
TOTAL \$ _____

Please make check or money order payable to
"Macomb Township Treasurer". Please do not mail cash.
Please include the driver's license number of the person signing the check.

Special Needs: _____

Macomb Township Release Agreement - In consideration of being permitted to participate in the township activity or use of any facilities in connection with this activity, the undersigned agrees to the following:

1. The undersigned hereby releases, waives, discharges and covenants not to sue Macomb Township, its employees, officers and agents (herein referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in the Township activity or using any facility in connection with the activity.
2. The undersigned hereby agrees to indemnify and hold harmless the releases from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in this activity whether caused by any negligent act or omission of the releasees or otherwise.
3. The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon Township property or participating in the activity or using any facilities and equipment whether caused by any negligent act or omission of releasees or otherwise.

The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the Township or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations; statements or inducements have been made.

If the participants are minors, his or her custodial parent or legal guardian must read and execute this agreement: I hereby warrant that I am the legal guardian or custodial parent of the above listed persons who are minors, and agree, on my own and on said minor's behalf to the terms and conditions of the foregoing agreement.

Signature _____ Print Name _____ Date _____

Office Use Only Staff Initials _____ Paid by check # _____ Paid by cash _____ Paid by Credit Card _____

MACOMB TOWNSHIP PARKS & RECREATION

20699 Macomb Street, Macomb, MI 48042

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U.S. Postage

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Mt. Clemens, MI

Permit No. 148

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Dino F. Bucci, Jr.
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Nancy J. Nevers
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PARKS & RECREATION Creating Community Through People, Parks & Programs

Salvatore A. DiCaro, Jr.
Parks & Recreation Director

Permelia G. Gross
Aquatics Supervisor

Telephone (586) 992-2900

Fax (586) 992-2999

Contact us at: parks-rec@macomb-mi.gov

MACOMB CHARITABLE FOUNDATION

**Toy/Gift Card Drop-off Site
November 28 – December 20**



Happy Holidays from MTPR!

MACOMB TOWNSHIP OFFICE PHONE NUMBERS

Building Department(586) 992-0710, ext. 1
Parks & Recreation Department(586) 992-2900
Assessing Department(586) 992-0710, ext. 3
Planning & Zoning Office(586) 992-0710, ext. 4
Treasurer's Office(586) 992-0710, ext. 5
Clerk's Office(586) 992-0710, ext. 6

Finance Office(586) 992-0710, ext. 7
Supervisor's Office(586) 992-0710, ext. 8
Broadcast Media Department.....(586) 226-4203
Fire Department Headquarters(586) 677-1262
Water & Sewer Department(586) 598-0687
Water & Sewer (Emergency)(586) 598-1790

FREQUENTLY REQUESTED PHONE NUMBERS

A.Y.S.O. Soccerwww.ayso8c459.org
Boys & Girls Club - Shelby Township(586) 566-5516
Chesterfield Township Parks & Recreation(586) 949-0400
Chippewa Valley School District.....(586) 723-2000
Clinton-Macomb Library North Branch(586) 226-5080
Clinton Township Parks & Recreation(586) 286-9336
Clinton-Macomb Girls Fastpitch League.....(586) 610-3858
www.cmgsi.com
Girl Scouts Macomb County(586) 263-0220
L'Anse Creuse School District(586) 783-6300
Macomb County Road Commission(586) 463-8671
Macomb County Sheriff(586) 469-5151

Macomb Mustangs Footballwww.macombmustangs.com
Macomb Mustangs Lacrosse(586) 247-6407
Macomb Soccer League.....(586) 940-9829
Macomb Township Little League....www.mtlb.com/1-888-714-6855
MTPR CANCELLATION HOTLINE(586) 992-2909
Metro Beach Metropark(586) 463-4581
Michigan DNR Campground Reservations(800) 44PARKS
New Haven School District.....(586) 749-5123
Romeo Washington Bruce Parks & Recreation(586) 752-6543
Shelby Township Parks & Recreation.....(586) 731-0300
Stony Creek Metropark.....(586) 781-4242
Suburban Ice(586) 992-8600
Utica Community School District(586) 797-1000
Wolcott Mill Historic Center(586) 749-5997